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Mazdaznan

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The Messenger



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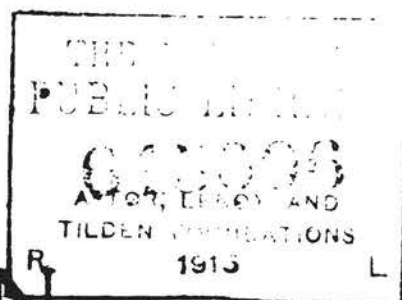
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With Blessings of Peace and Prosperity unto Perfection in All Things
M. E. R. HILTON. 54 Columbus Ave., Lowell Mass. U.S.A.

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M. E. R. Hilton and Contributors.

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MAZDAZDAN
MAZDAZDAN
MAZDA

Be Rejoiced And
His Associates
Continue To Be
Victorious!

Mazdazdan

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January 1914

LIFE THAT SHALL ENDLESS BE

“O Love, that will not let me go,
I rest my weary soul in thee;
I give thee back the life I owe,
That in thine ocean depths its flow
 May richer, fuller be!

“O Light, that followest all my way,
I yield my flickering torch to thee;
My heart restores its borrowed ray,
That in thy sunshine glows its day
 May brighter, fairer be!

“O Joy, that seekest me through pain,
I cannot close my heart to thee;
I trace the rainbow through the rain
And feel the promise is not vain
 That morn shall tearless be!

“O Cross, that liftest up my head,
I dare not ask to hide from thee;
I lay in dust life's glory, dead,
And from the ground there blossoms red
 Life that shall endless be!

THE NEW WAY
OF LIFE
SERMONETTES

LOVE IS the fundamental principle of Life.

WISDOM IS its inseparable companion.

THROUGH the exercise of Love and Wisdom,
Life becomes complete.

AS MAN rises and transcends the limitations of his lower nature, he soon beholds himself a nobler being, endowed with all the qualifications that will enable him to attain to his loftiest ideals.

TO CALL OUT the intelligences latent within and become *conscious* of the same, is to attain to the grandest achievement life holds.

IT WAS originally intended by the Creator that man, made in His image or likeness, would reflect his God-likeness. But through pride man fell and lost this divine state, lowering himself finally to that of the brute creation. In order to return to his first state man must necessarily lift himself from the lower stratas of existence, to where he may become a *living, conscious being*, reflecting through Good Thought, Good Word, Good Deed his God-given intelligence.

IT IS A privilege to conquer everything that mars or mutilates the perfect image of God in man.

MAZDAZNAN would say that *art* was greater than science, since art creates, while science only discovers that which was already created.

MAZDAZNAN declare faith in God and they are in duty bound to demonstrate their faith in the Supreme by calling out their own God-given intelligence, for only by so doing can they stand as worthy Associates of God.

KEEP FACING the Light, remembering the example of the Lily: even though it comes forth from the dark earth, it looks not backward, but ever faces the Light, continuing to bud and blossom, and like the sun-light, it sheds its beauty upon the just and the unjust.

MAZDAZNAN, through its Preliminary Teaching, "Health and Breath Culture", reveals the Royal Pathway of Wholeness by which man may safely and quickly retrace his steps from the most degraded state to that of a most blessed existence—an existence fraught with limitless possibilities and boundless opportunities, where man may realize that life is a continuous round of unending joy and felicity.

HINTS OF THE SEASON

THIS IS when baked tubers are in season, and delicious dinner menus can be arranged with little trouble, especially where a change of sauces and gravies are observed.

ANOTHER delicious acquisition to dinner menus is various vegetable pot-pies. Take large piece of butter, one quart of boiling water, add two or three sliced spanish onions and as many well groomed potatoes cut in dice shape; stew all together for fifteen minutes, then add as many drop dumplings as are needed; if necessary pour on more boiling water and cook fifteen minutes longer; season according to taste and serve.

POT-PIES made of vegetables are equally as delicious when baked; the essential is to keep closely covered that no steam escapes, as it is the steaming that makes dumplings *light*.

IT IS WELL to keep on the alert; having caught cold, do not neglect it; remember, hot bath, hot lemonade with jaborandi, going through sweating process, will nine cases out of ten break up the worst cold and in many instances avert pneumonia.

NEW GRAPE FRUIT are excellent at this season, especially the rusette kind.

FRENCH ARTICHOKEs are in season. Eat one a day and notice change for the better in every way.

CRANBERRIES—Cape Cod—are richer than ever in their luscious carmine hues.

LEMONS like eggs are worth their weight in gold; it at least takes gold of a very tangible nature to procure them these days.

IT IS SAID that Mazdaznan look different from other people. It is their mode of living that produces the marked change. The food of a Mazdaznan is of a medicinal quality. Great care and intelligence is used in the preparation of foods.

MAZDAZNAN consider another important feature: the scientific observation of keeping abreast with the spirit of the times in the demands made by the constant changing of seasons. Hence our "Hints of the Season" are regarded as positive requisites, aiding our people to live in harmony with the requirements of the season.

MAZDAZNAN

Mazdaznan shall the Pass-word be! Mazdaznan the perfect *revelation of life* upon all planes of Being, embracing as it does all the infinite variations of manifestations, will continue to be the pass-word that shall lead man from one initiatory round of freedom's ladder to the other; on and on; up and ever upward, is he lifted, as he beholds the glistening of that gold-illumined Pass-word—Mazdaznan.

Mazdaznan shall the Pass-word be! Mazdaznan it is that opened up the Fount of Universal Amnesty, so all may drink from its Living Waters and be forever freed from adversity, sickness, sin and sorrow.

Mazdaznan shall the Pass-word be! Mazdaznan comes to stamp with its unquestioned writ the Seal of Authority upon all that *was, is and ever shall be*. It places the Patent Right of the Almighty upon its irrevocable and unequivocal Message — the Living Word of God. None shall say it, nay.

Mazdaznan shall the Pass-word be! Mazdaznan it is that reveals the hidden treasures of this material world, imparting to every one a just share in accordance to law of divine reciprocity. Just as man bestows his talents, gifts and attributes toward construction and upbuilding, shall he reap richly of this world's goods; for as a man "gives to the world the best he has, the best must return to him."

Jesus measured the divine writ of the standard law in these words: "Whatsoever a man soweth, *that* shall he also reap."

Mazdaznan shall the Pass-word be! Mazdaznan, the Parent Religion of all Religions, stands forth as the one perfect revelation of God to man, imparting a positive demonstration of truth through its systematized training, calling forth the divine attributes of the Spirit, which enables man to recognize his relationship with the Supreme, revealing the *at-one-ment* of the finite man with the Infinite—God, proving the tie that binds the heart of man to the heart of God to be none other than that of Father and Son. Mazdaznan, by virtue of this spiritual kinship, imparts to man, through the knowledge of breath, the *key* that unlocks the treasure-house of infinitude. The uncountable intelligences of the celestial and terrestrial worlds are crystallized in man and these, through the exercise of faith and scientific breathing, are called out; and when man becomes *conscious* of a new birth that lifts him from the narrow confines of materiality to loftier planes, he enters the domains of the boundless, where he too declares: "Even in this flesh, I behold God; yea, verily, the old has passed away, I shall make all things new!"

Mazdaznan shall the Pass-word be! Mazdaznan continues to sound this glorious message of freedom o'er all the world, renewing hope and inspiring faith in the hearts of all man-

kind, establishing the Kingdom of Peace and Liberty, as it gathers the Elect from the four corners of the Earth imparting the treasures of wealth that flow spontaneously as from a fount. Blessings of mind, soul and spirit to which there is no end descend to bestow upon the Redeemed a "New Order of Things", even the Dawn of a New Day, where the millennial joys of the Coming Race shall present to the world the Saviors of Liberty.

Mazdaznan shall the Pass-word be! Has echoed adown the ages, from the snow-capped summit of Mount Him, carried by the refreshing waves of Vafaromand, on through the valleys of Ghan, over the Iran chain, re-echoed by unbounded ether waves of a thousand hills, until its glorious song was sung by the Shepherds' of Bethlehem, the Magi of the East; and joined by the Angelic Hosts this joyous Christmas Song resounded: "*Glory to God in the Highest; on Earth, Peace, Peace, Peace! Good-will to man!*" Again we behold, even in this day, the fulfillment of the "Ancient of Days;" and Lo! the Mighty Conqueror comes. Again we hear the tread of countless feet, the voice of angels singing:

Hosiannah, Prince of Peace!

Hosiannah Prince of Peace;

Hosiannah, Hosiannah, Hosiannah;

Prince of Peace!

Glory to God in the Highest!

It is finished—Be it so—Amen!

THE QUALITY OF TRUTH

"I AM THE WAY UNTO TRUTH AND LIFE!"

The Duality of Truth and Life is perplexing, not only to the uninquiring mind, but to the most earnest of seekers.

All understanding results from contrast; for the "law of opposites" underlies and is the basis of knowledge as Ainyahita shows: of Creation and Evolution. Therefore the necessity of an observing and discriminating mind, in all matters, be they of fact, deduction or speculation, is obvious. For instance, health is appreciated by sickness, light by darkness, work by play, wealth by poverty, virtue by vice, phenomena by nomena, attack by defence, harmony by discord, love by hate, divinity by humanity; and so on, ad infinitum. Thus Truth is both relative and absolute; complex or simple; real or unreal; according to one's intelligence, individuality and power of co-ordination. No two persons can or should be expected to see exactly alike; for each, in his peculiar way, is a special and essential expression, and part of the infinite Whole, which without the finite being would be incomplete. Man is indeed a "Law unto himself", a "Law within a Law", the fulfillment and realization of which alone gives emancipation and satisfaction.

Were it not for "Correspondences"—the

"Golden Mean" of Aristotle—there could be no real objective thought; for ideas and experiences—the great differentiations of philosophy—to be of scientific value, must even at this time and on this plane, be clothed in the form of man, the reconciliation of differences; the highest emanation of thought, the crystallization of matter, made concrete: the Image of God. By virtue of this law, Christ, the Supreme Being, had to manifest and become objectized in the garments of the flesh; so that in His person He might, with all, fulfill the Purpose and Scheme of the Universe; proving to the Earth that God exists and reigns at all times, here and everywhere, even unto infinite realms. Fast is the intelligent mind realizing that the Scriptures, particularly the Synoptic Gospels of the New Testament, may with assurance be taken literally; but that to be correctly understood, the thought, the time and the place, must be known and rightly interpreted. "Blessed are the pure in heart", said Christ, "for they shall see God!" And again, so that there should be no shadow of a doubt: HE said, "Even with these eyes of *flesh*, ye shall see God!" When we are "clear-sighted" enough to discern wisely between the physical and illusion, in contradistinction to the Absolute or Spiritual Oneness; to blend in yourself, the Divine and Common Law; then the Mysteries, which are not mysteries, but "secret"; all become plain and rational, the "Veil is torn atwain", and doubt, due to

duality, disappears; lost in the great Truth of the "Fatherhood of God and the Brotherhood of Man"—the "Ecstasy" of Omar Khayyam. This is and ever has been the aim of Master-Thinkers: to be not only 'heirs and joint heirs' of Mazda, but eventually His Equal; for only in this state will evolved-humanity prove His words: "God is Perfect—ye are Perfect too!"

Is it any wonder, that without this realization, Theology is debate, ending in creed, notion or dogma, and God only—God by comparison or through apologetics? Of the three Churches that really do know, from their extant records, the true Unity of Religion, in the Person of Christ, are one only, the Coptic which reveals completely their credible and authentic truths, at this time; the other two, apparently deem it inadvisable. Mazdaznan, the *Source*, believes that *now* is the acceptable hour, and will gladly deny nothing to those "who ask." That the demand, when made, can and will be supplied, is certain! But, as always, the individual must first learn to *know himself*; to *stand alone and prove his own*! Otherwise, how could he be worthy or able to be the recipient of such Wisdom?

The Open Gateway to Illumination, is thru the Purification of the Body—the Temple of the *Living* God—through the Power of the Conscious Rhythmic Breath of seven seconds inhalation and seven seconds exhalation; the proper combination of foods (bloodless, cell-less and deathless); and Prayers, Songs and

Exercises on the Breath, taken two or three times daily, (at set hours preferable), for a short few minutes only, at a time. This is the means of *Peace*, given by Christ to His *Chosen Ones*, and which alone overcometh all trials, tribulations, disease and poverty: undoubtedly, *too simple* for 'those of the earth', whom He predicted, "would be made fools!"

Only through true sacrifice and character, not money or position, can *life eternal* be earned; Equality and Perfection be realized.

Let those who have eyes to see, ears to hear and hearts to know, come and partake of the "Fount of Mazda", freely: and without price; remembering the "Covenant" made by them; so that the *Light* may transfigure the Earth; and sin and sorrow be turned into Purity, Joy and Love—"Great shall be their reward!"

—*Guromano*.

"Eternal Life, I breathe Thy breath,
The thoughts Divine I laud, I bless;
It makes me pure and recognize
The hidden pow'r that in me lies.

From out my soul's great deep I draw
God's Love, His Wisdom and His Law;
Dark is no more, but brilliant Light,
That penetrates each depth and height."

SEVENTEENTH SEMI-ANNUAL GAHANBAR AND PEACE CONGRESS

DECEMBER 24, 1913, to JANUARY 1, 1914.

MAZDAZNAN TEMPLE
CHICAGO, ILLINOIS.

Admission By Card Only.

PROGRAMME

WEDNESDAY, DECEMBER 24, 1913.

Christmas Eve

8:00 p m Processional by Pontiffs and their Attendants.

Christmas Carol - 'In Bethlehemtown.'
General Greeting.

Subject "The Birth of a Savior."

Scene 1. The Grazing-grounds of Yusef Pasha - The Legend - Serf and Slave.

Scene 2. The Hamlet Bethlehem -

The Inn - Yusef and Miryam - The Babe.

Scene 3. The Shepherd Herald - At the Camp Fires - A Phenomenon - The Shepherds' Song.

Scene 4. Shepherds in Worship - Finding the Savior - Amnesty and Release.

Scene 5. The Heaven's Ablaze - The Angel's Choir - "Unto us a Child is Born,

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Unto us a Savior is Given; Oh, How
Wonderful! And He, even He, A Counselor
Unto Freedom.

Solo by Minta Asha Beach, the woman who
walked from New York City to Chicago,
ahead of her allotted time, on a diet of
uncooked foods.

Finale.

THURSDAY, DECEMBER 25, 1913.

Christmas Day

11:00 a m Pontifical Mass according to the Zarathush-
trian Ritual of 2004 B. C. Conducted by
the Dignitaries of the Master-Lodge of
Thibet.

Prelude - Salaam, Salaam.

Invocation.

Solo by Celestia Harnstrom.

Responsive Reading.

Christmas Carol by the Rainbow-colored
Choir.

Subject - "Christ is Born."

Scene 2. The Courtyard - At the Water
Fountain - The Palace of the High-Priest -
Before the Scribes.

Scene 2. The Wise Men at the Cradle
Recognizing the Promised Child - And His
Name shall be Counselor.

2:30 p m Christmas Dinner Served by the Mazdaznan
Sisterhood Circle.

8:00 p m Origin of the Idea of Saviors.
Service according to Egyptian Rites.

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FRIDAY, DECEMBER 26, 1913.

- 3:00 p m Peace Congress for Woman.
Subjects "Suffrage in Bible Times," - Suffrage in Modern Times - Militancy. Conducted by Alice Woodbridge, Viola Woolson, Mother Julia.
Tea served by the Batchelors' Club.
- 8:00 p m Social and Dance at 59 E. Van Buren Street.
By Card Only.
-

SATURDAY, DECEMBER 27, 1913.

- 4:00 p m Chinese Tea poured by Violetta Havard
- 7:30 p m Grand Social given by Mother Julia and Daddy Louis at their Palatial Home, The Mazdaznan Centre, 2748 Hampden Court.
-

SUNDAY, DECEMBER 28, 1913.

- 11:00 a m High Celebration.
Pantheism in Nature.
- 3:00 p m Banquet served by Men in Broadcloth.
- 8:00 p m Subject: "Effects of Foods upon Character."
Discussion by Dr. Thomas, Dr. Havard and Dr. Benjamin J. Ruth.
-

MONDAY, DECEMBER 29, 1913.

- 4:00 p m "Kaffee Klatsch" conducted by Muzzie Florence.
Musical and Entertainment,
Contributors - Lucy Ammann, Minta Asha Beach, Minnie Brauckmann, Prof. Anton

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Blaaha, Maurice Clements, Mrs, Mary D. Hall, Mrs. Harnstrom, and the Mazdaznan Choir.

8:00 p m Subject: "Mazdaznan in Germany" by Lucia Ammann of Leipzig.

TUESDAY, DECEMBER 30, 1913.

4:00 p m Tea Party conducted by Sisters Nye and Tabor.

Subject: "The Only Way."

7:00 p m Social at Home of Aunt Emma and Uncle George, 1908 Eddy Street - North Side.

WEDNESDAY, DECEMBER 31, 1913.

3:00 p m Subject: "The Only Infallible Plan."
Tea Poured by Gertrude Tooker and Carolyn Driver-Potts.

8:00 p m Fire Service.

8:30 p m Sylvester Bells.

Annual Confession.

The Passing of the Year.

12 Midnight - Oracle for 1914.

Communion of the New Year Pottage served in the Banquet Hall.

THURSDAY, JANUARY 1, 1914.

NEW YEAR'S DAY

11:00 p m Eucharist or the Breaking of Bread and Passing of the Cup.

Subject: "The Coming Race."

3:00 p m Gathering at the Bosom of Father Abraham

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(Thomas), 4424 Indiana Ave.

8:15 p m "The Old has passed away; lo!
and behold, I shall make all things new."

The Musical Programme is under the direction of Miss Minnie Brauckmann. The Vocal Programme arranged by Lucia Ammann.

Cards of Admission can be obtained by applying to Maurice Clements at the office of the Temple.

All the meals in the Banquet Hall are furnished by the Sisterhood Circle.

Decorations by the Trustees of the Association.

Meetings and Classes not in the programme will be announced from the platform.

All communications, suggestions, appertaining to the Work in general are to be handed to the Court Secretary, Joel P. Thurston.

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N. B. The presence of strangers is not desirable and will be considered by the management as intrusion.

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THE STANZAS OF DZYAN

Stanza 1; Sloka 1: Theogenesis. "Since Fohat gathered two lines of Fire in a close embrace, forming a circle of flame to make room for the feet of the Fifth, have the demi-Gods been filling that Kosmic field with images of themselves.

2. "To and fro have the first born run, darting behind each Flaming Sword that sprang from the head of the Mighty One, while seeking for Pasture against the day of the birth of the great Red Cow. The milk of that cow will gather and flow in rivers of Water and Wine to quench the thirst of the twice-born Lords of the Sacred Mystic Fire.

This latest and yet unpublished addition to the Stanzas of Dzyan contains the history of the present and prophecy of the future, and contains in its Commentary, the explicit statement that "it was on the night of December 24, 1911, at midnight, that the Avatara incarnated in the form of a man, one who was prepared for it, not an infant, or an unborn child, but a full grown man, and one whose reason and spirit were developed to the point where he was the most receptive to the Spirit of any one living, and henceforth was completely identified with him; and they became Kalki, the tenth Avatar of Vishnu the Supreme, the Conqueror on the White Horse, with the Sword in hand."

The MS. also establishes in principle our statement of some months ago that the old

God Jehovah had retired, giving place to a new and more amiable God—one who can under the evolution of Law yield more of the joys of the Spirit than was possible in the late cycle. “There is now a New Regent for the Earth—a New Genius is in a life and death struggle with the Old Genius, and it is this which manifests the great disturbance, which is not so much in the Great Body of the Earth as in her inner Principles.” The struggle between the Old and the New God is not to be understood as a personal conflict between the elements existing within successive cycles, and in the adjustment of conditions the changes are comparable to conflict. It is said there will be many physical changes, perhaps many casualties, but the fittest will survive.

Stanza 2; Sloka 5: “Fire and flood, acid and blood, shall flow in streams and drench the star with the blackened face. The once bright sons of the demi-Gods have cast deep shadows upon that face. They have stolen the fire that lighted its eyes and molded it into a gleaming mass to fetter and bind their once lithe limbs. Vengeance swift shall overtake and cast them into the pit.

6. “When the circle of flames shall open again and the line of life be loosed from thrall, the Five will fall into the Six, and Surabhi’s teats will deliver four doves—each bearing a branch of the Sacred Ash for the help and healing of Maya’s sons. Fohat will once more cross the line with another and mightier stride, and will draw the downward arc of the line of life to an upward sweep, by strength of his own right arm.

Here is prophecy that the Fifth Race shall

unfold into the Sixth. In the course of this growth the black and brown races will disappear from the face of the Earth, following the disappearance of the black and brown principles from the Kosmos. Color of races is not due to climatic reasons so much, as to the vibratory activities of the Kosmos which correspond to colors and produce them. Kali is black, for black is the color of disintegration. The black color will disappear with the disappearance of the Kali vibration. Black and brown races will disappear from the Earth, not in the sense that those individuals will die, but rather that they will go through a change in their vibration, and color will be changed. Of course this will cause the death of many of them, owing to difficulty in adjustment of themselves to the new vibration.

The Sattva vibration will be intensified, thus the golden vibration will become dominant. The two colors of the Spirit are gold and white or rather silver. There will grow up a race of persons in whom the golden vibration is so great that they will have the pure golden complexion possessed by Gautama Buddha. Such will be positive incarnations of the Spirit. All will not become golden hued at first, but there will be developed a golden hued people who will rule the earth as they ruled it of yore, when Spirit was dominant. They will constitute a Spiritual Aristocracy, which will guide and direct the rest of the world, as did the ancient Heaven Born Race. It is not enuf

that one be spiritual; he must be royal if he is to rule.

Stanza 3; Sloka 8: "The beasts of the field and the birds of the air will meet and part in peace, and both shall feed on the purple grain, the gift direct of the Gods. The infant as well as the full grown man shall eat of that fruit, and words of wisdom shall fall from its lips, to the wonderment of the Gods.

Adam and Eve made the final mistake of eating of the Tree of Knowledge instead of the Tree of Life, which would have given Immortality and Wisdom. In the ancient Golden Age this purple grain was known to the Gods, but for ages has been extinct upon the Earth; it will again be given to the Sons of Manas, and be spontaneously generated over the face of the Earth during the Sattva Yuga, by vibration emanating from certain of the Gods, or Kosmical Powers. All plants that throve in the Kali Yuga will be accursed until they entirely die out, or have transformed themselves under the Sattvic vibration until they are expressions of that vibration.

Man will not eat the coarser food at all, no gross foods of any kind, but will through the power of his WILL draw in the diverse principles of the Universe, by *breath* perhaps, and replenish his corresponding principles directly and will not have to go through any process of digestion. His Atma will absorb the Universal Spirit; his Buddi will absorb the Buddh; his Manas will absorb the Kosmic Manas; his Kama Rupa will absorb the Kama or Astral

Fluid; his Prama will draw in the Kosmic Prama; his Magnetic Body will draw in the magnetism from the ether, and his Gross body will feed upon the Earth, Air, Fire and Water or the elemental gases. In time he will eat no liquid or solid food at all, but directly absorb the elements which he may need for his sustenance. Man will thus not live on food, but by the strength of his *will*.

Stanza 7; Sloka 10: "No more shall the bars be raised between the finite and the Infinite; the Sixth shall fall into the Seventh with ease.

Prof. J. A. Johnson.

SUNLIGHT OR DAYLIGHT

Sun is rising in the East,
Earth is bathed in holy peace,
Kneel and worship at His throne,
For our God is God alone,
O, Thou, most High!

Refrain:

Holy, holy, holy, Lord God of Hosts!
Heaven lights all her lamps for thee,
All the earth is praising Thee,
O, Thou most High!

Darkness now makes rapid flight,
All our world is bathed in light;
Standing in the perfect day,
Shadows all have passed away,

For Thou art nigh! *K. E. Kelly.*

THE VALUE OF EXERCISE

I find that nearly all the six breathing exercises are, if taken rightly, religious functions. The complete concentration alone, which they command, stamps them as already such.

In the *first* exercise, our physical action is thoroughly confined and tied up, and if the attention of the intellect is employed to its fullest extent, the emotional part of man is then forced to work in harmony with it, for it cannot play havoc without the co-operation of the intellect; therefore, this exercise brings healthful, life-giving effect to the whole makeup of the individual. The *conscious* reception of Ga-Llama should form the foremost thought with every inhalation in this exercise; for Ga-Llama which is *always* taken in with every breath acts on us when we take it unconsciously, according to the influence of the cosmic will, so long as we *allow* the cosmic forces to shape our life. In this exercise we take in this life-elixir consciously and independently and come thus in direct contact with the centre of being. Holding this thought of communion with God will bring us into an exalted state of mind with every breath we take.

In the *second* exercise it was the tightening of the fists which held my attention at once; for we employ this movement in life, when our indignation is aroused, be it through indecent treatment received from others, be it through discontent with our present mode of life, when the resolution arises to live a better, nobler life. Thus I carry the thought: (inhaling) "I will rise to the highest expression of life," (exhaling) "All the low shall be eliminated."

—H. Klingensfeld.

WORDS OF WISDOM

“OUR newspapers are *not* published in the *interest* of *truth* or *justice*. Few believe everything they see in the paper. If it is *interesting*, they read it. But they *seldom* believe it.” —*Life*.

THE recent newspaper filth of Yellow Journalism only demonstrates that the “white trash” is still susceptible to Barnum’s maxim, “You can fool the people.”

NOT only the Yellow Press but the innocent foreign Press has been taken in by the “speaking trumpet” of corruptness and “parroted” *all it heard*.

TO us it is a great satisfaction to know that even those in high places, priding themselves of superiority to influence, can be lead with ease.

THERE was a time when men were lead by the *nose*. Now-a-days they are lead by *printer’s ink*.

A LAWYER’S VIEW

The body and its organic function is not immoral but the *use* people make of the same may become immoral and indecent, lewd and obscene and anything that is said or printed as such is against the law; but when what is printed or published is to *show the right use* and function of the body and when we have to use the words extant then *there is no offense*. I have your Inner Studies and the Twelve Lessons and I tell you that they are just exactly *right*. —*Joseph Maille, Attorney.*

Guefport, Miss.

Copy of *Letter* sent by Lt.-Col. A. F. Gault
to the "Montreal Star" and "Montreal Herald."

Montreal, November 21st, 1913

THE EDITOR,
The Montreal Star,
City

"THE CANADIAN MAZDAZNAN ASSOCIATION"

SIR,

The Members of the Mazdaznan Association in Montreal, are naturally much interested and considerably amused, at highly sensational articles, presently appearing in the *Daily Press*, "specially dispatched from Chicago." We feel, under ordinary circumstances, they are really too ridiculous for us to notice, or to become indignant or incensed about, and we remember the old adage, "That he who laughs last, laughs longest." We also dare to believe, that they will gain little credence with the Thinking Public.

Mazdaznan requires no Champions or Defenders, but can and does speak for itself. Anyone interested enuf, can easily ascertain that the 'silly' things implied and the 'it is said' assertions, are the phantoms of a half-starved, if not very thirsty, stockyard imagination, at so much per line.

For instance, even the names of the witnesses are pure (or impure) fabrications, and Dr. Hanish has no blood relations in this Country, and is 70 years of age. How old then must this 'supposed' father be, who is to testify against him though "missing"? It does not need a very good memory to perceive that the present

Mazdaznan

27

January 1914

“News Items” are but a ‘rehash,’ of past inane gossip.

But, though I have no mandate to do so, on account of my being one of those who have signed the Petition to the Quebec Legislature, to be presented this Session, for a Special Bill of Incorporation (which has since been amended, so as to ask for nothing but ordinary Society and Property Rights), and having been informed that owing to the “grave charges” made against Dr. Hanish, that unless “our side” is stated, Public opinion will surely cause it to be “Killed,” I am taking the privilege of your extensively read columns, so that one individual’s views, at least, based on the closest and most exhaustive study and investigation that I think possible for anyone to make, may be known.

Whether our Bill becomes Law or not, is of less importance to me, in comparison with a miscarriage of common sense Justice, British Fair Play and Constitutional Rights, due to lack of knowledge of the true facts, on the part of our Legislators. That they and the People of Canada, and particularly of this Province, should have every information is our greatest desire and of course their right. Were it not for our Bill, it would be of little concern to us, whether people imagine, “That there must be fire because there is so much ‘newspaper smoke,’” or not.

Believe me, Mazdaznan has nothing to fear, or hide, and welcomes honest and intelligent inquiry and the most searching scrutiny. Truly, if it was anything like what is implied by ignorant minds “fed up” on Yellow Journalism, we would not blame anyone, for any attitude taken, detrimental to such a Cause, as the one which we have so much at heart. But, because we believe it to be the sanest, simplest, and most practical system of Healthful and Proper Living yet evolved, based on individual Education and Self-Culture, we feel bound to extend the Work; only desiring that others may also be benefited. Mazdaznan is in no way a “Money-making Scheme,” it being given Free, without obligation, the individual being shown how to help himself.

All we would ask of our Fellow-citizens and Country-

men is that they neither judge nor condemn Mazdaznan by hearsay, or foreign reports, but investigate first hand, for themselves. Every meeting held, is open to anyone wishing to attend, and we use up considerable newspaper space, giving this fact publicity. Literature may be had for the asking. Twice (the last time this year), has Mazdaznan "Encyclopedia on Dietetics" won, in open competition, in scientific Germany, the Highest Award.

In no way does Mazdaznan conflict with established Institutions, being entirely constructive; nor do we proselytise. It is not a Church, Sect, Cult, or Denomination, and is "Religious" only in the sense that all things are, or should be, religious. It is simply an Association, which in a few years has interested over 140,000, composed of Professors, Teachers, Physicians, Clergymen, Statesmen, Authors, Scientists, and hard-headed Business and Working Men, even I am told, Royalty; whose only underlying motive, is Individual and National service, based on "Good Thought, Good Word and Good Deed."

In Great Britain, Germany, Switzerland, Austria, and the United States, each Association has its Federal Charter, giving inclusive Corporate Rights, widely greater than we are now asking of this Province; thus there are the best of precedents. In practically every other Country, there are Mazdaznan Centres.

That Mazdaznan has been in the Press and Court Limelight during the last few years, cannot be denied. In truth, we are rather pleased that it has been so. Because, the Search Light that has been "turned on," has only proved how invincible is that which is Good and Pure. No power that Money and Influence could bring to bear—expended by those finding their 'evil purposes' curtailed—to "down" and pervert this Movement, has been left undone. Finding how unsailable was the Philosophy, they turned their "campaign" on the individual. Yet their aims and efforts have come to nought; and instead of hindering the progress of the Work, they have done it much benefit. Intelligent People get tired, after a time, of reading

belittling and degrading press "reports" giving only one side, and which show, not only malignancy, but a "purchase price." They also appreciate the difficulties that beset 'Pioneer' undertakings.

Why, we are asked, do we stand for it. One reason is that Libel Laws of United States are almost impossible to enforce against a Press which never commits itself to definite assertions, and practically controls the Country; and another is that Dr. Hanish, who is always the one 'imputed,' refuses to allow the Association to take action on his behalf, caring nothing, personally, what may be falsely stated, and saying "Mazdaznan can afford to wait."

When, however, he and others have been the Defendants, in every instance they have shown up the iniquity of the Plaintiffs, and have been most honorably exonerated. This, should carry weight with the judicious mind.

The present Action of the United States Government is another attempt to utilize judicial process to perpetrate an atrocious injustice. It is really a continuation of the "Lindsay Case" of two years ago, instigated by the same people, which was won by Dr. Hanish in the Supreme Court, though this victory has still to be mentioned by the News Agencies. I am informed that the Judge of the Juvenile Court was well "taken to task" for his Rendering, and he immediately thereafter handed in his resignation, due, "it is said," to nervous prostration and the need of a long rest.

This time the charge is "of sending obscene literature through the mails, or by express, in the form of a book, called "Inner Studies," (not "Inner Life" nor is it "Green"). A book dealing in the most Scientific and refined way on "Eugenics," and please note, approved over ten years ago, by the Washington Government itself, and granted copyright privileges, and since, on open sale. Was ever such a case so foolish?

The Government, finding itself in this dilemma, and being at their wits' end to rectify their blunder, has already, several times, postponed the trial of the Case, in the vain hope of meanwhile finding damaging evi-

dence. Even mail, coming to my address, has been opened. Now, Dr. Hanish insists that there be no further delay and that the trial proceed, so it is really not he, but the Government, who is on Trial. It is interesting to remember, that for a similar charge, Elbert Hubbard was recently convicted on six counts and fined, the "large sum" of but \$100.00, the Press scarcely noticing the fact. All we ask of our Fellow-Canadians is, that they reserve their opinion, until Judgment is rendered.

As to the character of Dr. Hanish, his knowledge and wisdom, his self-denial in a Mission that has brought to himself many annoyances, but much joy to others, I can only personally say that I have never met any such nobility and purity of motive in anyone. As it is with him, so it is in his surroundings. He and others know that Principle will win, and gladly take their "Stand." Meanwhile, we have the "Courage of our Convictions."

It seems almost an insult to make this expression—it is really superfluous—but perhaps it may not be amiss at this time.

Objection is made to the name. One Divine, attending a recent Meeting at Fraser Hall, said "No one could object to the System, but they do to the name." Why he did not explain. As is well known to Oriental Students and Educationalists, such as Prof. Max Mueller, Dr. West, Dr. Mills, Dr. Haug, Dr. Laing, Dr. Kapadia, Dr. Bose and Dr. Wadia, all Authorities, the name, "Mazdayasnian" was used by the most Ancient of People, the Zend or Avesta—whose records are still extant and were recently inspected and described by Dr. Aurel Stein, the Archaeologist—meaning "Master Thought" or "Light," "Lovers of Knowledge and Truth," those who "think for themselves."

Edison appreciating the wonderful power and beauty of Mazdaznan has called his best light "the Mazda," as can be readily corroborated, by viewing the back page of "The Saturday Evening Post" of November 15th last. In this advertisement, The General Electric Company, even gives the definition of "Mazda," which will also assist to illustrate the name of "Sun Worshipper," and which surely goes to prove that no

person, much less Christian, would bow down to the "Mirror of Reflected Flame," as a Deity.

"Ancient Peoples worshipped Mazda as the spirit of Light. Priests of Mazda were known as Magi.

As all Philologists know, the etymology of the word "God" is "Light," or "Sun." Even Carnegie has felt compelled to witness to the beauty of Mazdaznan Living.

For further information, a visit to Messrs. Henry Morgan & Co., and Chapman's Book Store, who have Mazdaznan Books, Magazines and Literature on sale, will repay. Also a recent publication, called "Samson-Sago, Its Place in Comparative Religion," by A. Smyth Palmer, D. D., should be perused.

In conclusion, let me also say, that Mazdaznan is no "Heathen Invasion," with "mysterious rites and ceremonies," "flowing robes," "sun-kissed ordinations," "weird dances," and "occult initiations," etc., etc., except it be in the view of the yellow press. Were Mazdaznan not "applied Christianity" as taught and lived by Him, who said, "I am the Light of the World," its wonderful growth at this time, would in my opinion be impossible, and its members few, if any. The Test of Truth is Character and Results. Mazdaznan methods may be too simple for the "Wise of the Earth," but that they are of the greatest possible benefit in the uplifting of "Suffering and Seeking Mankind," is subject to proof. Time will tell.

If the Bill is refused, the onus will not be on us.

Respectfully yours,

(Signed), ARTHUR F. GAULT.

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WOMAN'S POWER

From each age in every story shines one figure-head
sublime;
One grand master-spirit, building towers from the
wrecks of time;
One man who could find pure lilies, where the rest saw
only slime.

With a daring born of purpose, he has risked and won
his life,
And the world bows down and worships him, the hero
in the strife;
Knowing nothing of the power that gave impulse to
his life.

Could we draw aside the curtain, how amazed the
world would stand,
That the whole campaign of reason by a woman had
been planned,
And the armor had been buckled by a fearless mother's
hand.

Or, the hero stands in silence at the brink of Slough
Despond,
All forgot—and sought by none, save one woman, true
and fond;
But her impulse builds his purpose, reaching up to
the Beyond.

When a grand, pure poem rings down the ages,
undefiled,
And we seek to know the wherefore, looking mid the
wind and wild,
Oft we find the motive power was the lisping of a child.

And the poem had not reached us if a woman had not
stood
Holding up the poet's courage, till the world pronounced
it good.

Which deserves the greater credit? Both have done
the things they could.

Women there have been who failed men in the hour of
sorest need.

And the world has heard and cursed them for the
failure of the deed.

But of woman soul-devoted, patient, seldom do we read.

It is well God over-rules it—blame of failure comes
from men;

But reward for best endeavor only crowns us truly when
We lay aside the dusty garments, and the King shall
come again.

Every good strong deed of greatness has a woman at
its base,

Or a little child, with sunshine fresh from Heaven upon
its face;

Watching carefully the building, that each stone fits
in place.

To some few the word is given, "Go ye forth and build
your own"

But you need not stop to seek it; God, Himself, will
make it known;

You cannot misunderstand it; it will come to you alone.

It is grand to be a woman, standing very near to God,
Seeing, with her Heaven-born instinct, every step that
he has trod;

Searching in the darkest science, till she finds it bright
with God.

Do you count her power as nothing; this great thing
a trifle call?

Why, life's trifles are its great things, and its great
things are the small.

She who holds the power of nothings holds the great-
est power of all.

What is nobler for a woman, than to know within her
hands
Is the destiny of nations, and the fate of many lands?
What can make a woman greater than the power she
now commands?

Think not that the country's ballot is the only power
to wield;
God has given each a mission; we may always find some
field,
Do you think He counts it nobler to be more a sword
than shield?

Better be an inspiration, play the harp-strings of some
soul,
Than to blow Fame's silver bugle, though through
continents it roll.
Better be a useful fragment, than a damaged, useless
whole.

Better be behind the curtain, and to feel yourself a
queen
Than to lose the power of ruling, though with sceptre
you are seen;
Better be a queenly woman than unwomanly a queen.

'Tis not angels we are wanting on this busy, restless
earth,
It is noble earnest women, who prize well the right of
birth;
Women who are looking upward, knowing well what
life is worth,

Even though their life be hidden; just content to work
away,
Till the last great task is ended; till the dawning of the
day;
Knowing it shall stand exalted, when God lifts the veil
away.

—*Marietta F. Cloud.*

ORACLE FOR 1914

Given at the Mazdaznan Temple last minute of Sylvester Night, 1913 and up until 12:07 a.m. of New Year's Day, 1914. Written by the right of our Master. (A Synopsis.)

As if in conspiracy against all the peaceful institutions of the earth, the elements are gathering in overwhelming bodies preparing to unchain their forces and descend in fury upon the fated regions of the earth; revenging themselves upon country and humanity alike. This year seeks to create a history that will find its parallel in isolated cases of the Dark Ages and the remote past. There will not be a deluge like unto the days of Noah, still floods upon floods occasioned by the breaking of dams heretofore considered safe from an engineering standpoint, will mark the first steps into the New Year. Floods will continue throughout the season and even far into the succeeding season. Destruction of property will be exceedingly great; extensive portions of lands will be turned waste while others will be invaded by pests. Conditions such as these will make crops very uncertain and only the few localities spared from visitations will benefit through these disasters.

Threats of tidal waves will keep the coast towns in constant terror and make people unfit for active or speculative work. Heavy rains in both the North and the South at inopportune times will put to naught all calculations as to the extent of crops. The East will suffer generally and the West will have a late season; the overabundance of water will profit the farmers

very little owing to the shortness of the season. Statistically the damage which shall be done on all the Continents and Isles during the year Nineteen Hundred and Fourteen will surpass that of the Historical Deluge of Bible Times.

Hurricanes and storms will pass over the States with such rapidity as to defy the power of instruments to record them, and leave destruction in their wake. Conflagration from unknown causes and such commonly current will mark this year from season to season and none of the protected places are to be spared from its destructive visitations thereby convincing the most sanguine minds that nothing is fire-proof when this most destructive of all elements stubbornly asserts himself. Fire alarms by day and by night will keep the crowded populaces in a state of constant terror.

Disasters, accidents, land-slides, earthquakes, will become too common to make special mention of same.

In the midst of all this elementary chaos the ascending financial condition of the States will come as a solace to the troubled minds, assuring prosperity and a free circulation of money, arousing a quickened interest in Manufacture and heavy Importation.

Failures in business will be so nominal that its effect upon the general confidence will remain confined to the locality of operation.

There will be a decided move in both a westerly and a southerly direction, with the result of bringing about many astounding improvements beneficial to the country at large.

Assisted by the Government projects will be started which will enhance the wealth of the nation, and draw the world's market closer to its bosom, thereby proving

the newly adopted policy a decided improvement over formerly pursued tactics.

A broadening diplomacy will pave its way to the Seat of Government, assuring not only the up-keep of the peaceful relations with the Powers but furthermore succeed in creating reciprocity and broader relations with our near neighbors, warding off all hasty measures, although at times our Executive will feel called upon to take steps of a threatening nature, the measure thereof always culminating in the desired effect.

Owing to the general trend of a prosperous nature the more industrious class will turn quite sanguine, taking advantage of the manifold opportunities presented and lay foundations unto greater possibilities in every pursuit and channel.

The advance in real estate will make transfers a profitable business and speculations will often be pronounced wild. Irrespective of advances in the price of material and labor, threatened strikes and manifold complications, building will prove a craze and towns pop up like champignons.

The prices of commodities will continue to rise with such a well-balanced measure that its increase will pass on almost unnoticed, due largely to the fact that the medium of exchange will no longer be guarded as closely.

More extensive business relations with foreign countries will be established and due to greater mutual understanding a more even exchange assured.

Conditions experienced by the States will prove somewhat general even in foreign countries, so that affairs current in one country may be expected in another, although somewhat modified or intensified.

Canada to the North will benefit greatly through the

needful conditions in the States and enjoy heavy immigration from abroad and the States. Wealth will be added to the Dominion through increase of crops and cattle, and the discovery of heavy mineral deposits.

The South American countries will pass through many trying experiences and profit thereby, while Mexico will come to a provisory halt.

Great Britain will see many of its problems solved and its diplomatic schemes realized. It will gain strong support in Turkey and the Mohammedan countries in general, including Persia.

France, Spain, Portugal and Italy will again pass a crisis induced by internal eruptions of a diplomatic state, in which the undercurrent of Loyola will play its part in occult art. Visitations from elements will prove remarkable in isolated instances only.

Belgium, Luxemburg and Holland will be spectators rather than actors in the world's great drama.

Austria will share the visitations by unchained elements quite equally with those of Switzerland, Germany and Poland, and as the seasons advance the Angel Gabriel will announce his coming and drape the Imperial House into mourning.

Germany will add to its list of floods, while sweeping fires and heavy earth shocks and mine disasters create panics. The Imperial Household will pass through many humiliating episodes, while the political situation will keep up the tension of the nation, still however threatening at times the situation may become, all will dissolve into accord, leaving the brain-storms to their fate, assuring peace and plenty to the country at large. Alertness and the exercise of a keen business sense will assure Germany new concessions in foreign countries,

finding in China a new field for its manufactured products

The Scandinavian countries will come into greater prominence and seek to unite their efforts toward the furtherance of their interests.

The Balkan question will remain an open one and keep all diplomatic circles in a state of constant activity.

The Russian Eagle will continue to spread his wings and carry his power through the Asiatic countries, assuring unto himself an honored position.

In China the severed dragon-head of Imperialism will seek to assert himself with the rise of new political parties, threaten the peacefulness of democratic tactics and seek support from Russia and Great Britain.

Questions of suffrage and equal rights will become the general topic in all the Anglo-Saxon countries and the Latins will be most prominent in the realization of modern thought.

GENUINE RELIGION IN THE HEART

"Genuine religion has its roots deep down in the heart of humanity and in the reality of things. It is not surprising that by our methods we fail to grasp it; the actions of the Deity make no appeal to any special sense, only a universal appeal; and our methods are, as we know, incompetent to detect complete uniformity.

"There is a principle of relativity here, and unless we encounter flaw or jar or change, nothing in us responds; we are deaf and blind therefore to the imminent grandeur around us, unless we have insight enough to appreciate the whole; to recognize in the woven fabric of existence, flowing steadily from the loom in an infinite progress toward perfection, the ever-growing garment of a transcendent God."—*Sir Oliver Lodge.*

SERMONETTES

MAZDAZNAN declares the "Fullness of time."

MAZDAZNAN makes clear the way to the coming of the Savior of Liberty.

"MY SAVIOR," since no one outside of man can save or redeem him, he must necessarily come to the point where he recognizes his ability to call forth his own Supreme Intelligence—God.

REALIZATION thru Consciousness is our Goal.

REALIZATION is man's heritage—that blissful state, when the Angel of Understanding descends bearing the gift of the Gods' upon the golden chalice of love, placing upon the victorious brow the crown of *freedom*.

EACH INDIVIDUAL attains to Realization in accordance to their mental perception.

REALIZATION is not the end of our attainments here upon planes of manifestation but a state of consciousness that enables man to individualize his individuality.

INDIVIDUALITY recognizes man's ability to liberate himself from the bondage of all limitations born of ignorance and superstition.

REALIZATION enables man to solve Life's Problems thru Self-Reliance, inspired by independent thinking and acting.

IN THE child of Realization one beholds the embodiment of the dual principle of Being, Love and Wisdom. Such a one becomes a benefactor. Crowned with the light of understanding; blest with the sanctity of a pure heart, they emanate thru Good Thought—Good Word—Good Deed—that higher intelligence, in which may be discerned the blending of the blessings of heaven with the treasures of earth. These characters are those of whom it may worthily be said, "They are the Salt of the Earth."

"VERILY these are the days of which God spake thru His Holy Prophet, Isaiah, when He declared, I am the Lord thy God, the Holy One of Israel, thy Savior—fear not, for I have redeemed thee; I have called thee by thy name; thou art mine. When thou passeth thru the waters, I will be with thee; when thou walkest thru the fire, thou shalt not be burned; neither shall the flame kindle upon thee."

HINTS OF THE SEASON

THE HEIGHT of the winter season begins to merge into that of early spring-time, when man looks longingly toward the approach of Lenten season, that he may throw off the accumulations acquired thru feasting of the holiday season. With anticipation he looks forward to the period of purification, realizing the satisfaction gained thru light fasting followed by a diet on fruit juices in which grape-fruit, orange and lemon juice, apple souffle, play an important part.

IT IS well to remember that the Ancients considered the early spring-time as the most suitable for bodily cleansing and purifying, partaking of various seasonable herbs as an acquisition toward elimination, as well as that of toning up the system, and for healing purposes.

DURING cold season, food selections should have consideration and be of a wholesome and nutritious nature.

SEASONABLE soups are still in order; among those preferable are the vegetable, tomato and cream soups.

FOR BREAKFASTS or early luncheons may be suggested various diets, such as grated apple, grape-fruit, oranges, prunes, figs and raisins.

FRUIT juices with cream act as fine eliminator, especially grape-fruit.

PINEAPPLES to be used sparingly.

SALADS made from grated carrots, beets, turnips, parsnips are exceptionally fine for those who labor, while fruits are preferred for the mentally disposed.

HINTS of the season have given to the Mazdaznan magazine a worldwide recognition. Hundreds of readers look eagerly forward to its coming, that they may adjust their daily regime in harmony with the demands of the season which are presented thru the monthly suggestions, as these are carefully prepared and given from a strictly scientific basis, always considering the products that nature provides during the four seasons of the year. Hence our menus are arranged in accordance to the products of each respective season and for this reason Mazdaznan are said to be a-well-fed people. How could it be otherwise, when thought and consideration is given to the selection as well as the preparation of food; for food must be not only of a constructive nature, but must be judiciously and discriminately used.

MAZDAZNAN

Through its Preliminary Course of instruction, we are offered the means as to how nature may be kept in a perfectly normal condition, by the Power of Breath. From the wear and tear of nerves and brain tissues, nature is well-nigh exhausted, leaving mankind in this strenuous age on the verge of nervous prostration; all because the Power of Breath is unknown.

Man does not know himself, therefore he has not recognized that within him is the intelligence to avert these unfavorable conditions. It is the mission of Mazdaznan to remind man of the duty he owes to himself, that he may search for knowledge that will aid him in changing these unfavorable conditions.

If man will apply his knowledge to the requirements of Nature, he may work marvelous changes in his life; for health and happiness belong to nature's children. It is not natural to be sick, miserable and unhappy. Surely God did not intend it to be so. But since man through *disobedience*, has brought all his trouble on himself, it is only reasonable that he should through *obedience* make good all the wrongs of the past. To this end Mazdaznan comes with its wonderful System of *life* through *the breath*. Through deep breathing we draw the oxygen out of the air and impart it to the blood. The lungs consume the old

poisonous substance which is thrown off through breathing *out*; the cellular tissues are fed, nourished and purified by the blood; the cells become refined, while the nerves are re-vivified and rejuvenated. Every organ has nerves that are directly connected with the brain through the spinal column. Naturally any disturbance in the organs is communicated to the brain by the nervous system and the harmony of the body is disturbed.

We find that the *Elixir of Life* is imparted to us through *conscious* breathing; all degeneration of the senses is caused by accumulation of disease germs in organs of the body.

Mazdaznan teaches a practical and correct way of breathing, very little of which is understood by the family of mankind. Through deep rhythmic breathing the soul-life awakens and the spiritual attributes and endowments are called forth, imbuing life with many blessings heretofore unrecognized.

I will not backward step,
In Thee I trust;
Thou aidest all who climb,
And climb I must.
Up from the glooms of doubt,
Depressing dense;
Into Thy sunlit hope
And recompense.
I seek Thy precious truths,
Thy wondrous peace;
To know through Thy-self's will
My-self's release.

THE SEVENTEENTH SEMI-ANNUAL GAHANBAR

Held in the Mazdaznan Temple at Chicago has been pronounced as one of the grandest ever held. Most of the delegates arrived the day of the opening, Wednesday, December 24, 1913, an occasion never to fade from memory and an event to go down in history, even to the end of days.

The Temple itself proved a picture of scrupulous cleanliness now that Brother Herman Hespe has charge of it. Everywhere, even to the remotest corners one could see the touch of a well-trained hand believing in things being kept *spic and span*. The rich oriental silk rugs and heavily carved mahogany furniture attract attention the moment one enters the spacious reception hall with always someone to receive the visitor with a Mazdaznan smile so natural and prompted by the lovestrings of a cultured heart. In the parlors one comes to a sudden halt caused by several most artistically executed paintings. Hanging against walls of cobolt blue, with gradual cloud effects toward the ceiling, the spectator is not left guessing, for he at once recognizes in these paintings scenes from "Ainyahita in Pearls." Naturally every one desires to know the artist and upon enquiring one learns that the successful executor of such sacred subjects is Baron Wolf Von Bibra, orig-

inally of the city of Brennhausen, Bavaria.

The banquet hall too, had its touches of decorations to delight the hearts of visitors from near and far.

The auditorium hall presented a tropical scene rather than that of a hall in midwinter. Palms, bayleaves, ferns, potted flowers of all kinds and diverse foliage decorated all of the aisles and platform, up to the altars, presenting a richly laid out garden. Incense and perfumes of selected kinds added to the air, making the presence of these things a source of much inspiration.

The rainbow-colored choir added to the appearance during all the services, while Mothers and Fathers displayed attires of the richest and yet modest style. The audience, too, paid attention to general appearances so that no criticism could arise.

The musical programme was one of the best offered, thanks to the efforts of Tante Theresa, Cousin Lucia, Aunt Harnstrom, Mother Asha, and Daddy St. Elias, not to forget the large men's choir organized just shortly before Christmas by Lucia Ammann.

The afternoon sessions lasted for many hours and through the kindness of various highly esteemed members lunches were served, each and every one of them displaying much originality. The principal ones were those of Sister Nye and Sister Tabor, Aunt Gertrude Tooker and Carolyn Driver Wright Potts, Aunt Violetta Havard, and one, all so much

enjoyed by our much beloved Muzzy Florence.

Besides these afternoon repasts at the Temple there were three out-of-the-Temple gatherings which proved a source of much inspiration and a demonstration of true Mazdaznan family life. One grand fete was given by Mother Julia at her palatial home, dedicated to Mazdaznan Work, in which Daddy Louis is a great factor and receives one with the welcome of a true parent. Here the young folks displayed some of the more fashionable dances.

At Uncle George's and Aunt Emma's the evening flew with the wings of night and many returned not until morning; some thinking it was was "rather early." The Lee's from Kentucky kept the young amused with old time events.

Going to Abraham's bosom or Dr. Abraham L. Thomas, no one thought that his niece, Sister Andrea, was going to play a trick on the guests. It was to be a "light repast" but in its stead it was a nine course dinner, consisting of all the good things as prescribed by the Cook Book; of course everything according to season, and Father Abraham would pass the aisles of his spacious rooms perfectly pleased at the appetite the Saints developed. Some of the inspired even had a slight suspicion that the salad leaves had been dipped in Italian champagne, but as the latter was guaranteed to contain no alcohol, according to the Pure Food Law of June 30th, 1906, the lettuce leaves were allowed to enter into the

laboratorial plane of trans-substantiations.

It will be impossible to give even a synopsis of the many selected subjects touched upon by the "Blessed Little Master" as the U. S. Courts call our humble teacher, or to describe the many inspiring services conducted by the "Prince of the Universe" as the Yellow Journals please to call His Humbleness. It is certain, that even the adversaries recognize the superiority of character and the unquestioned ability of the One we are prompted to revere, though he himself seeks no honors and cares not for this world's goods, ever and anon emphasizing: "My domain is not of the earth."

The woman's congress though deserves mention for the reason that many good points were called out at such a gathering. Mother Julia illustrating the position of the true woman in the home, the shop and in politics. Mother Woolson gave valuable hints, while Cousin Alice or Miss Woodbridge of New York gave an account of her work in Prison Reform in the State of New York of which she is an unrivaled worker for nearly twenty years. The principal plan proposed is that of giving prisoners an opportunity to earn a livelihood to pay for room and board accordingly, a plan proven for many years as the most feasible and in harmony with the spirit of our advanced days. It was decided that irrespective of the many plans and methods proposed in the suffrage movement, one must be emphasized: "Votes for Woman!" The question

as to whether women in general are eligible or sufficiently educated to know how to vote is not to be raised, no more than an ignorant "foreigner" or a lowly "darky" is ever catechized when *his* vote is wanted.

The most impressive of all services were those of Christmas Eve and Sylvester Night, the latter given in part to a Solemnization of Brother and Sister Graichen, who took the vows for time and eternity.

Among the many visitors and delegates were Miss Alice Woodbridge and Brother Vosburg of New York City; Mother Asha Minta of New York State; Colonel Lee and Mother Lee of Kentucky; Tante Theresa of Massachusetts; Brother and Sister Nickey of Louisiana; Daddy St. Elias of Missouri; Mother Grace Russell of Indiana; Daddy Oscar Apperson of Kokomo; Dr. Chir. Benjamin-William James Rose Ruth of California; Dr. Med. Zoezetta Mignonetta Kindig of Denver; Dr. Med. R. F. T. Kindig of Colorado; Ambassadors Adelia Marsh Mallet of the Royal Household of Mazda in Canada; Sister Celesta Cecilia Elliot of Montreal; Representative Lucia Ammann and Frau Professor Schonlein from Germany; Ambassador Mother Elizabeth Ingraham of London, England.

O love that knoweth of no fear,
A love that sheds a joyous tear;
O love that makes me whole and free,
Such love shall keep and hallow me.

MY THOUGHTS ON BREATHING EXERCISES

The wonderful action of the Third Exercise I credit to an action of the blood similar to that of a hydraulical press. The lungs, being filled with air, press the blood, by the bent position of the body, in a swift but powerful stream to the head. The blood being a non-elastic fluid, will exercise a strong pressure against the skull. To avoid counting I direct through the *will*, *three* breaths to the material part of the brain, *two* to the spiritual, and *two* to the intellectual.

To the *fourth* and *fifth* exercise I make no further remarks. In the *sixth* exercise I accompany every inhalation with a request, which I give the positive form of receiving it, as proposed by Jesus. My *seven individual* requests are the following:

"Father, I thank Thee that Thou art giving me from this moment on: 1st, *a better memory* than I have ever had; 2nd, *more wisdom*; 3rd, *more concentration and inspiration*; 4th, *more luck and success*; 5th, *more self-reliance and courage*; 6th, *more perseverance and industry*; 7th, *more determination and will-power*. Exhaling, I send vibrations of love, health and strength; 1---4, *to single persons*; 5, *to a group of persons*; 6, *to all humanity*; 7, *to all beings*; adding in every case, "May they reach you and be helpful to you."

Cross-breathing in oriental position, I direct for the cleansing of the brain; *three* complete breaths to the material, spiritual and intellectual part of the brain; exhaling, driving out, 1st, *laziness*; 2nd, *wantonness*; 3rd, *absent-mindedness*.

I also direct in the *seventh* exercise Ga-Llama with each of the three breaths to a different part of the brain, arousing its activity.

Finally a short remark on the Lord's Prayer. To my mind Divinity is threefold: 1st, *materially (all-mighty)*; 2nd, *intellectually (all wise)* 3rd, *spiritually (all-loving)*. I therefore pray the Prayer three times:

1st. Standing erect, hands lifted and eyes upward, to the *Divine Intelligence*, in a whisper (as the first requisite to a prayer seems to me should be intelligence), holding in my mind to almost each single request the word *intelligence as answer*.

2nd. On my knees, hands closed over breast, eyes down, with half voice, to the *Divine Love*.

3rd. Prostrated, arms crossed, head touching ground, eyes looking straight, with full voice to the *Divine Omnipotence*.

As there should be a rest before saying, *Amen*, I fill it by *thinking*, "For Thine is the Kingdom, the Power and the Glory, forever and ever." These words, if spoken aloud to God, are ridiculous indeed, but held as thoughts for ourselves are quite proper; and were probably thus used originally. —*Prof. Klingensfeld*. Note: The instructions as given will be of

benefit to those who are *physically* based; for the spiritually and intellectually based, they need some modification. — *By the Editor.*

OUR DEAR ONES

Let *not* your hearts be troubled because it pleases employees of the Postal Department or the Officials themselves to open your letters, even *registered ones*, and then mark them "received in bad order" and not even as much as put on the official seal, which reads "officially sealed." Our friends in foreign lands have worried about it, *not* understanding the *democratic* ways of a Free and law-abiding people of a republic. Of course in *Europe* such *liberty* would be considered a *criminal offence*. But *wee*, here in America, think nothing of it, as there are *no secrets* within a *commonwealth*. We have no compulsory "confessions", such as was instigated by the "church" to wrench *secrets* from the royalty or those connected with same. As citizens of a free country we must not feel hurt to have our letters read by our servants, since these official servants are part of our democratic society. They too have a right to know of the contents of letters, since in carrying them for us we pay them a mere bagatelle. And, as long as we hold the despotic idea that the *servant* is greater than the *master*, as long as the *hired* are thought to be the *bosses*, just so long we have to swallow the bitter pills they hand us.

Just be happy and of good cheer

MASTER

"Little Father of the Universe."

—So recognized and worshiped by the Yellow Journals."
Mardi Gras 1914.

THE GOLDEN JUBILEE

November 27th was a golden 'letter-day' in the Mazdaznan family of Chicago. It was Mother Julia's birthday; a day filled with significance. Thanksgiving was the National expression and the happy guests at the beautiful birthday festival felt that they knew the perfect fullness of Thanksgiving. Mother Julia Kuehstedt accomplished a noteworthy task at the culminating point of her years of achievement. She actually turned fifty years into gold! Some of the old Alchemists must have whispered in her ear! It was no 'dream' of gold, either; she displayed the proofs of her work, showing her friends the beauty of golden thought in concrete. At this celebration the Mazdaznan "key" Ideality and Reality was given. Good Thought, Good Word, Good Deed left their impress.

Mother Julia wore a gown of gold and white, made in an individual style, and most becoming. Her home with its fine order and beauty of good taste in its every detail, appeared in radiant effect. The banquet table was exquisitely arranged. The first impression when entering the room of the feast, was the pleasing arrangement of the stately chrysanthemums. The form and color of the long table was harmonious, expressing art and poetry. The thought came at the moment that all the money in the world can not buy good taste or the touch artistic. (Thank the Gods, it is so!) A delicious dinner was served; a handsome gold and white dinner service used. Each place-card had the Mazdaznan emblem in gold on one side and an aphorism by Our Master on the other. At a smaller table running across the end of larger table, the Master sat—with

Mother Julia, Mother Florence, Aunt Emma and Maurice—a lighted candle was on this table. The dessert served was so effective in appearance and taste, a mention of it is a happy bit to remember. The ‘gorgeous’ big cakes, with gold frosting and leaves of gold decorating, and delicious orange ice. Doesn’t that make you wish you had some! The Loving Cup was passed and we drank to health, wealth, strength and love to Mother Julia; we pledged this in “Gold Seal.” After the dinner the guests returned to the ballroom on third floor, where several lovely gifts were seen. The Master read the “greeting” from Montreal, which was original and interesting, being unique and beautiful in conception — an illumined hand-print of the names of Montreal Ambassy with their Blessing. It is a bit of work, done by an Artist and effectively framed. With the greeting came a gold “vanity case” to be a “companion” to a fair face. Loving Greetings came from Lowell, with a fine picture of the Master in exquisite frame, and gold embroidered silk bag, another gift from Lowell. Many flowers were received from friends. The Chicago Mazdaznan gave Our Mother a lovely silk embroidered scarf; a perfect beauty it is; such decoration would give any dear lady pleasure; and Mother Julia will wear it gracefully.

The idea of forgetting to describe the dress accessory of several of the men guests, who wore neckties of golden silk, the shade being in fine accord with the cream white suits of broadcloth.

This golden anniversary was a “happyfest” that placed its high mark on the golden record of each heart that celebrated with our Mother in Mazdaznan.

—*M. V. Beadnell.*

A MESSAGE

To the Mazdaznan Temple Asssocation Chicago
My Dear Friends—May Mazda, the God of Peace, reign Supreme during our Midwinter Gahanbars in Chicago, in Leipzig, and extend His blessings to one and all, and to the whole Community of Mazda all over the world!

Our annual report of Germany will be rather short as experiences of this year are more of a negative nature. The fight with the enemy was a continuous and hard one during the whole year. A great part of our time was spent struggling with the enemy. Many of our efforts have been destroyed but we are glad to report the number of the faithful is in spite of all on the increase. The best part of the enemy's work is the advertising he has done for Mazdaznan, for now it is known everywhere in Germany, Switzerland, Austria.

A more effective scheme to make Mazdaznan known: hundreds and thousands of little booklets are distributed free of charge by our friends. These booklets are extracts of our work, of eight pages each and introduce our Philosophy to the people in a popular way and contains much good advice, which will interest thinking minds. We have already four such booklets:

1st. Sexuelle Aufklärung---Extract of Inner Studies;
2nd. Volksernahrung---Popular Dietetics; 3rd. Hygiene des Körpers and Geistes---Hygiene of Body and Mind;
4th. War Jesus ein Jude?---Was Jesus a Jew?

Whenever there is an attack by the enemy, we distribute our hygienic booklets; if there is a slander on Inner Studies or calling our literature "obscene or objectionable", we distribute our Extracts of the Inner Studies; thus, by and by, very slowly the public opinion

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comes into our favor. *At last we will conquer!*

Our Cook Book has reached the 19th edition; the Inner Studies, the 4th; the Health and Breath, 4th; and Phrenology, 3rd. Besides, we have published about a dozen of smaller publications.

At present we have arranged for a Bazar in favor of our Seminary in Leipzig. We intend to erect a Seminary here, and hope to have our house inside of one year in spite of all the intrigues of the adversary, and to this end we implore also your good thought.

May Mazda be rejoiced and His Associates continue to be Victorious. With Blessings of Peace and Love,

—*Father David.*

Ambassador to Germany, Austria, Switzerland until 1927

SUN WORSHIP IN ENGLAND

A STRANGE SECT VISITS STONEHENGE AT EACH SUMMER SOLSTICE AND THERE PER- FORMS ITS CURIOUS ADORATION.

(Literary Digest:) A sect called the "Sons of Men," said to be of Tibetan origin, has been worshiping since 1906 in the prehistoric stone circle of Stonehenge, Eng., generally believed to be a temple of the sun. This fact is thought by some archeologists to corroborate the solar-temple hypothesis of Sir Norman Lockyer, the day of the summer solstice having been chosen by the new sect to pay their homage to the great luminary. The services held by the Sons of Men at Stonehenge are thus described by V. Forbin in *La Nature* Paris (June 21;)

If we are exactly informed, it was for the first time

in 1906, on June 22, that a group of five or six Asiatics were surprised by soldiers engaged in maneuvers on Salisbury plain, while, prostrate beneath the triliths, they recited mysterious litanies in their own language.

The incident found no mention in the press. But the pilgrims returned in larger numbers year after year, always on June 21 or 22. This persistence finally attracted public attention and that of the papers, whose reporters ascertained the following facts:

These pilgrims Hindus, Arabs and Persians, belonged to a religion of relatively recent origin, whose name may be translated: 'The Universal League of the Sons of Men.' Founded apparently in Tibet, it has made rapid progress among the upper classes in Asia, notably in India, Arabia, and Persia; and it already has numerous adherents in Europe. In England it is professed by 2000 or 3000 persons, who meet to pray in several houses, transformed into temples; among them two in London, one in Manchester, and one in Liverpool.

In 1912 the Daily Mirror sent one of its best staff photographers to take pictures of the strange ceremonies at Stonehenge.

As generally understood, the Sons of Men selected the summer solstice for their sun worship. The pilgrims were led by priests called the 'Sacred Five' who were clad in ample robes of purple, covered in part with white and gold surplices, and wore strange turbans on their heads. Among them, two were clearly Englishmen.

The assemblage met at the stones before dawn. While awaiting the sunrise, men and women remained prostrate before the great altar stone, reciting prayers, each in his own tongue. The translation of one of them is as follows:

"I believe that nature is the reflected majesty of the powers, and above all of the omnipotent power behind the great whole.

"Believing in the omnipotent power, I believe in the great conception of the Infinite called Allah, universal majesty and truth, and infinite love, who dwells in our heart. I believe in the growth of all things toward good, also in the intentional evolution of all things toward the better, and toward the best."

When the first rays of the sun finally gilded the front of the monumental triliths, the chief of the sacred five asked in a loud voice: "Brothers, know ye wherefore we are met at this sacred inclosure?"

And the faithful answered solemnly: "To proclaim our recognition of the power of Allah, universal majesty and truth, and infinite love, according to the commandments of the sacred five, the great souls, angelic messengers of Allah to the Sons of Men."

The ceremony was kept up until sunset, during which time neither the priests nor the faithful seemed to be at all disconcerted by the smiles of the curious, who had gathered near to observe this strange festival of the sun.

PART OF A LETTER

Addressed to the Editor of the Chicago Tribune.

"You know we can always speak with assurance, when we have proven anything to be of value. Especially anything of great practical value. Accomplishment that bestows the rather rare gifts—health of body and mind, not forgetting the spiritual powers—is not amazing to those growing the right way. The man I

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refer to is Dr. Hanish. The list of extra names he uses I suppose are just to please his fancy or they may have significance. In making use of the excellent teaching and gaining so much from it, I never worried about any of the personal tastes of the teacher. It has been very amusing really to notice how seriously people have taken some of the peculiarities of an individual's style and manner. Always I have wanted to know the reason and purpose of Being and studied everything under the sun to find out about it. Dr. Hanish's teaching is as clear, as true, as forceful, as candid as the "open book of Nature." I never found anything mysterious, only in the sense that to most people Nature is a mystery. They have not learned to *know themselves*. Our schools, our academies, fail to give us knowledge of ourselves. I claim not intellectual power but I do claim *intelligence*. I have rebuilt my lungs through the original method of thorough breathing—Rhythmic Breath. I have an unusually clean physique; healthy, youthful, serene. My husband, Mr. Beadnell, has exercised only a little of these health giving methods, yet his gain in many directions has been great. I speak highly of Dr. Hanish and his mode of education for I would be loyal and truthful to the fact that it has taught me more of Life and how to *live* than any other advanced work of this nature. Only *good* have I observed and gained from this philosophy. If I can save my own soul and body, it takes business away from the church and the M. D. Of course these are objections to such progress.

God—Supreme Intelligence—is within us, above us, around us. Darkness is a negative "quantity," in time humanity must gain the light of Understanding."

—Mrs. M. V. Beadnell.

A CHRISTMAS PARTY

It was a Royal Banquet; replete with good Cheer and true Hospitality!

On Christmas Night, the "Family of Mazda" at "The Northern Stronghold," were entertained by Mother Adelia and Daddy Hooper. The Embassy situated on the slopes of Mount Royal overlooking the destined "City of Emancipation" dedicated at its inception in the year 1642, as the "New Kingdom of God on Earth," was most beautifully decorated with Xmas Greens, Immortels, Festoons, Bells, Mistletoe and Holly; Santa Claus, draperies, streamers and Table-Centres, sparkling with crystalline confetti; and innumerable 'wee' electric lights of many-colors reflecting rainbow hues, just like Fairyland.

Outside, the soft, ultra-white fresh-fallen snow, lay like a 'Mantle of Ashoi Purity,' enfolding all things in its glorious and resplendent embrace. The rare and frosty atmosphere, breathed in "Thoughtful Rhythmic Breath," was more exhilarating than old and costly vintage. Nature was in reposeful Peace; happy in the knowledge of the "Lengthening of the Days," and in the anticipation of the New, symbolical of Better Times to Come!

The warmth of the old-fashioned blazing hearth was also emblematic, but in a very minor degree, of the Hearty Welcome and Loving Season's Greetings, extended to their Guests by our noble Host and Hostess.

The Banquet Hall was beautifully arranged; the table being most festively decorated. Covers were laid for thirty-six. The Menu was truly Mazdaznan—the

choicest and most appropriate Delicacies of the Season, deliciously cooked, were perfectly served. Everybody was happy.

The Master, all the Centres and the Members of the Family were remembered and Royal Toasts were eloquently and lovingly proposed, to their "Peace, Health and Prosperity!"

Just prior to the 'Around the Table' speeches—for everyone present said a few words of Affectionate Greeting and Personal Tribute—Mother Ashoi, on behalf of the Members of the Northern Stronghold, presented Mother Adelia and Daddy Hooper with a little Christmas Gift and Fond Remembrance, betokening in a very slight way, the Love, High Esteem and Loyalty, in which they were held by all—comprising of a silver Tray, silver Casserole, silver Entree-dish, silver Tea-pot, silver Cream-jug, silver Sugar-bowl, a pair of silver Candle-sticks with silver shades, and a pierced silver Cake-dish; truly remarking, "That the Royal Message of Mazda, could not fail to progress and find many adherents in the Royal City of Montreal; and also throughout the noble Dominion of Canada, under such devout and perfect Leadership." Words fail to visualize the Joy and Harmony of that Blessed Christmas Evening, except they be expressed in the most Ancient of Words: "Holiness is the Best of All Good," and "Blessed be the Tie that Binds." —*Guromano*.

"AVESTA IN SONG"; A new edition of "Avesta in Song" in extra-fine, flexible, leather binding, has been published by the Mazdaznan Press, at 3016-3018 Lake Park Ave., Chicago, Ill. and is now on sale at \$1.30.

"AINYAHITA IN PEARLS"; Second Edition; Deckle edge; leatherbound; a piece of art; limited edition; every copy numbered; to subscribers of THE MAZDAZNAN AND MESSENGER only; Price FIVE DOLLARS. Send orders to

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LISTEN, LISTEN, LISTEN!

If we listen God will answer,
He will answer to us all;
All the hosts of angels summoned
Will respond unto our call.
Listen to the tuneful cadence,
To its sweet delightful fall;
That's the holy, holy Spirit,
That has answered to our call.

Have we trials and temptations,
Listen to the still, small voice;
As it speaks, "Be still and listen,"
As it bids your heart rejoice.
There is no ill, there is no pain,
All is well, such is our gain:
May our hearts keep well the strain, then,
As we listen o'er again.

If we listen *God* will answer,
He will answer to our call;
We have but to watch intently,
As the soft notes rise and fall.
Listen, listen, my *good conscience*,
Listen, listen, once for all,
For your heav'nly Father loveth
To give answer to your call.

M. A. Singletary. From Avesta in Song.

SERMONETTES

BREATH is Life; Life is God; God is All in All.

THROUGH Conscious Breathing the God in man is called out revealing the endlessness of Infinite Intelligence.

THAT man may be conscious of "all there is" the Twelve Senses must be refined and perfected, as they may be likened unto a *keyboard* through which the Higher Intelligence expresses, thereby proving the limitlessness of Divine Thought.

CONSCIOUSNESS is attained by establishing the Individual Breath. There are but three Breaths, i. e. the Material or Physical Breath that governs all life upon Nature's plane; the Mento-Psycho Breath governing upon the mental and soul planes; the Spiritual Breath, which imparts and reveals through illumination the Infinite Intelligence—GOD—*consciousness of all there is*.

CONSCIOUSNESS is that lucid state of the mind which imparts ability to penetrate the very Principle of Life, revealing the boundless Treasury of Infinitude, from the tiny infinitesimal atom up to that of a Sun-Clothed Being—the highest state of perfection that can be attained here upon this Earth.

MAZDAZNAN System of Rhythmic Breathing opens the portals of the mind, when the Spirit may shed its effulgent rays of Light and Love upon the understanding of man, lifting him out of the valley of shadows into the glorified regions of Self-Illumination, where he may tread the walks of life, freed from the dominion of all earth-bound tendencies, enslaved conditions, prenatal and ancestral.

CONSCIOUSNESS — Illumination — Effulgence of Light — Radiation of light from the central point of luminosity; shining, radiating or diffusing of this Central Flame, is Illumination — Consciousness. The greater the central flame, the greater the effulgence of light. Breath aids in diffusing the Light of the Spirit; for breath is the quickening power of life. Breath generates Light and Life; the waves of which vibrate the Spirit-Intelligence to the very outermost circumference of the physical body. Thus, even the atoms, molecules and cells of man's material being responds to the quickening Power of Breath. Hence it is easy to apprehend the Scientific Method of how "this mortal shall put on Immortality."

MAY Mazda and His Ever-Luminous Thought Divine breathe upon us that we may continue to walk in the Light and Understanding of Truth.

HINTS OF THE SEASON

MARCH the month to become young again.

MARCH the month for natural healing of ailments through dieting. Drinking of herb teas aid peristaltic action.

DEWDROPS will clear the complexion.

SALADS prepared from new greens, such as dandelions, watercress, wild mustard leaves, leeks, shives, green onions, sorrel, mushrooms, violet flowers, etc.

DO NOT expose face, neck, arms and hands to March winds.

COTTAGE cheese sandwich, made from Oriental whole wheat bread.

MARCH rain water fine elixir; to be used in making all the various teas—sassafras, sarsaparilla, linden blossoms, willow sprouts, violet, rose leaves, cayenne, anise, sage, etc.

ORRIS root used as a substitute for salt, pepper and butter; sprinkled on foods before partaking of foods.

No TEA, coffee or salt through the month of March.

EGGS scrambled with onion tops, shives, parsley, yarrow, mustard leaves, are powerful tonics and tissue builders.

LENTEN CHOPS with mushroom sauce.

POACHED eggs on toast with lettuce, fine for simple Lenten Luncheons.

DURING March drink plenty of milk, morning and night, for lung affections; take nothing else but greens, roots and shoots.

SWEAT baths for colds, chills and fever.

ONION omelette with dandelion salad; rare eggs, lightly fried eggs, are in season.

LEMONS may be considered a domestic cure-all; always a safe guard against aches. Lemon in milk for anemia; pure juice of a lemon after meals for uric acid; lemon and salt for liver trouble, dyspepsia and all stomach troubles; hot lemonade for sluggish temperaments, cold lemonade for over active temperaments; juice of two or three lemons daily for kidney and bladder trouble. Lemons are also considered a panacea in cases of headaches, bloating, rheumatism, lumbago, etc.

HISTORY OF MAZDAZNAN

*"Religions there are many;
Of Reason there is but one;
We are all brothers."—Yih-King.*

ALL the world is on the alert for something it cannot define to its own satisfaction. Un-ease is practically turning into dis-ease throughout all the walks of life. We either live the life of expectations or waste our life in despair. So great has become our nervous tension, that nothing satisfies us for any length of time, and we constantly search for something new to pacify our mind, as we take interest in newly compounded dishes to please our stomach and look for new remedies to meet our innumerable ills. Not until the field of research has been exhausted, do we seek to find the First Principles, and like the Prodigal Son, return to the Father's House in MAZDAZNAN, the Storehouse of Infinite Knowledge, ever ready to impart the Means, leading unto the Understanding of the Truth, the Truth that makes you free; the Truth that comes "without money and without price," since "freely ye have received; freely give."

Ever since the return of Anquetil du Perron from Surat, India, in 1762 all of the Western world has been stirred to great activity in the search of better information as to the origin of man. When the ZEND-AVESTA first made its appearance it was thought the Church would welcome it, to substantiate its then greatly questioned claims, but instead it was the Church that first branded the ZEND-AVESTA as "a creation of atheism to undermine the church", while scholars so influenced by insinuations, too, thought it was simply a clever trick of materialists and Freemasonry and

not until the demand for proof grew among the lettered, the authorities found themselves compelled to consider the subject from a new view-point, with the result of establishing chairs in Universities in the study of Zend and its classics. The farther the study reaches the more Truth is brought to light and until all scholars like Max Müller, Westergaard, Haug, Geiger, Whitney, Jackson, Fechner and many more, agree that Mazdayasnian or Mazdaznan is the groundwork of highest Culture and Civilization.

The Western world has since learnt of its cradle, as to the White Race, and discovered in the Parsis of India the descendants of a Persian community, who fled their country in 720, which had fallen into the hands of the Arabs. In Persia itself this much information is gained that others went in the westerly direction, into Europe. Those remaining at home, bowed to Islam, while in remote places a few Faithful bravely attended to the sacred fires, where the Sufis gained their light of understanding and Omar Khayyam went for inspiration.

Research work on the part of the world's greatest and recognized Oriental Scholars has disclosed the fact that MAZDAZNAN is the Only Revealed Religion that stands behind all other religions, and the only infallible System of Education, disclosing the Great Plan of Life, applicable to the daily walks within all stations and occupations of man.

Dr. Geiger says: "In Zarathushtrianism everything is included; it is the sum of all precepts, the doctrine that is always repeated anew. He who thinks, speaks and acts well is a perfect worshiper of Mazda and a worthy follower of Zarathushtra."

Dr. Whitney declares: "Of all the religions the Zarathushtrian may fairly be claimed the most noble and worthy of Mazdaznan

admiration, for the depth of its philosophy, the spirituality of its views and doctrines and the purity of its morality."

Ambassador Ammann says: "Mazdaznan is not a new system; it is ancient, well tried, and proven."

His Highness, the Maharaja of Durbhanga: "The grand ultimate test of the value of any religion is its ability so to mold its worshipers as to turn out good men of high spiritual character."

Dr. Hanish says: "Religion to be such, must prove by virtue of daily exercise the immanent knowledge, revealing the tie that binds finite man to his infinite God, and as the only source of life, light, and love."

St. Augustine says: "What is now called the Christian religion has existed among the ancients, and was not absent from the beginning of the human race."

Max Müller, after a life-time spent largely in research of the Oriental religions and philosophies, says in his book on the Six Systems of Indian Philosophy, that the ancient religion of Persia was so old that he was utterly unable to ascertain the time at which its records and teachings were written, and all that could be said was that the ancient Persian teachings, as deciphered from cuneiform writings, were further advanced in thought than anything he had been able to find in the most ancient writings of the Indians.

In speaking of the great philosophical awakening in the early part of the Christian era, and of the further proofs of the teachings of Jesus, which were found in the writings of Zarathushtra, Max Müller says in the first volume of his translation of the ZEND-AVESTA: "His (Zarathushtra's) name had become the very emblem of wisdom . . . Zarathushtra and Plato were treated as if they had been philosophers of the same school and Hierocles expounded

their doctrines in the same book . . . Plutarch agrees so well with the Zend books that no one will deny the close resemblance of doctrines and identity of origin."

MAZDAZNAN is the Parent of Fundamental Principles upon which all of the Civilization and Culture of the White or Aryan Race is builded, and any denial of this Truth, in part or in whole, would be equal to denying one's existence.

MAZDAZNAN is the Master-Thought and the Thought that Masters all things unto Perfection through the Mean of Good Thought, Good Word, Good Deed.

MAZDAZNAN is the Great Plan of Life of the White Man to his Race, as revealed at the very Dawn of his Issue, through Mazda's greatest attributes, the Blessed Ainyahita, the Mother of the Waters of Regeneration. Passing through untold hardships of racial infancy the Blessed Zarathushtra gave to the White Race the Revealed Religion that stands behind all other Religions, only to be followed by the Blessed Savior, whose culminating Thought continues to manifest from generation to generation, to quicken and to cherish all the Faithful until the Great Morning shall appear.

MAZDAZNAN reveals the Source and Progress of the Races in their natural order and proves the White or Aryan Race to be the last in Progress, thus upholding the accounts in Genesis, which concedes Adam (the erect) and Eve (his equal) the first of the White Race, enabling Cain to go into another country and take unto himself a wife.

MAZDAZNAN is the Message of Peace that surpasses all the understanding of man and removes all the misunderstanding among men. It is due to the quiet influence by MAZDAZNAN that much of the painful ignorance, arrogance, narrowness and shallow-mindedness into which the

White Race had been hypnotized, has been removed, and much more is being accomplished, as Orientals reveal to Occidentals the datas of their history, illuminating the obscure passages in the Scriptures.

MAZDAZNAN shows by undeniable proof that the White or Aryan Race issued forth from the Yellow, this in turn sprung from the Dusk, the latter evolved from the Olive, preceded by the Brown, which sprung from out of the Jayet, which was the first to appear upon this earth, after evolution from the protoplasmic to that of the collectively cellular had reached its culmination, leaving nothing more for the Creative energy to accomplish but to guide the anthropological developments to the highest possible attainments of perfection.

MAZDAZNAN sees in the White Race the Sixth Race, embodying all of the elements of the Six Great Periods of Creation, out of which through the efforts of the better endowed, is to evolve Bulwer's Coming Race, known to the Blessed Ainyahita as the Transparent Race, or, the Race of the Sabbatical Triumph.

MAZDAZNAN has the key to all the classics, and points out the means that lead to a fuller understanding of the most perplexing problems that may confront the mind of man. As the Infant Race among the Races (and "a child shall lead them"), the White or Aryan Race acknowledges all the accomplishments in Social Economics and Philosophy by the Yellow Race, and its Parent Race, the Dusk, whose achievements in Psychic phenomena and Spirituality as well as Philosophic Speculation command respect and awe, still, like the Prophets of old who saw into the future but dimly, the preceding races recognized the possibilities of the unseen forces, while to the White man was given the gift of invention as soon as in his westward trend of

civilization he reached the Gates of the Far West, and with it the dreams of the spirit became materialized; Heaven descended to the Earth; realizing the long-uttered prayer: "*Thy Kingdom come; Thy Will be done on Earth, as it is in Heaven.*"

MAZDAZNAN revealed the Great Plan of Life to the White Race while the latter was yet in its cradle, and like unto the Wise Men of the East before the Holy Babe displaying their numerous gifts, declared upon the White man Blessings of untold treasures, placing the hope of Redemption upon the growth in Wisdom and Power descending from on High. Like a never-ceasing spring, with its quickening waters bubbling over, until into rivulets they run, increasing in their numbers of issue, until in the course of time their streams empty in the mighty ocean, even so MAZDAZNAN, the Fount of Truth, has worked its way through the mists of the Aryan mind, offering in the scintillations of the rainbow—Peace, and the coat of many colors—Emancipation.

While the hope of a future to all other races came by way of psychic phenomena and the strict observance of moral precepts, the White Race received by direct communication the Word of God, and from Heaven the Voice descended into the Ruby Heart of our Blessed Ainyahita, who gave as an inheritance unto the Children of God, the Revealed Religion, that stands behind all other religions as the Bulwark of Truth, to come forth at last as the first-fruit of the Spirit of the Times at the final of man's accomplishments, remembering that

*'Blessed be the tie that binds our hearts in Royal blood;
The fellowship of kindred minds is like to that of God.*

MAZDAZNAN recognizes in each and every race particular gifts characteristic and patent in their rights to the

process of unfoldment in their anthropological relation, thereby preserving the corresponding operations through Evolution and Creation, keeping open the path of the First Cause, clearing the way that leads to the Eternal City.

MAZDAZNAN is the word unto the wise with the gentle reminder of the blessed words of Omar Khayyam:

*Waste not thy life in letters of dispute,
Argument is death to the Voice of Truth;
Of Creeds and of Beliefs debate with none,
It widens out the breach unto defeat.*

The men of science and letters, and the man of traditional ties, will have to wade through volumes of historical records, besides the writings of the Yüeh, Shu, Shü, Lü and Tao, the Vedas, Upanishads and the Gathas, side by side with the Biblical books, before the deductions made will open the portals of the heart unto the Realization, that "*There is no religion higher than Truth.*"

Since the Restoration of the AVESTA (The Living Word) to the Western world in 1762 a great change has come over all of the White Race. Freemasonry grew into a power, curtailing the tactics of Paganism in the midst of Christianity. Materialism slowly swept off the cobwebs of dogmatism and accompanied by Transcendentalism gave rise to New Thought, and through Monism gradually driving the deathknell to factionalism and dissentionalism, opens the pathway to Pantheism, removing the barriers set by "unauthentic traditionalism", and once "commercialism" is overcome, the general awakening will lead to the Realization of a Collectivism that will culminate into the Federation of all the Nations in which the White Race is the Stronghold. With Count Tolstoi and Sir Brentano MAZDAZNAN declares itself against *Militarism*, upholding the declaration of Jesus, "he who takes to the sword, by the sword shall perish." With Count Tolstoi and all

modern thinkers MAZDAZNAN declares itself against all *Hypocritical Religions*, and who make merchandise of man, extorting tithes and penance, divining, worshiping and exhorting for money or price. With Tolstoi and the better cultured minds MAZDAZNAN declares itself against *Degenerate Art*, and places its hope in the eradication of all the existing misunderstanding through the application of mutual understanding, brought about through the collective desire born of individual efforts gained by the test,

"Stand alone and mind thy own."

Mazdaznan is taught in all of the civilized countries of the world. Because it demonstrates "good thought, good word, good deed," it continues to thrive and spread in spite of the persecution heaped upon it by church and state, and all the shallow minds. As persecution by false witness, foul slander, and the lying inventions of diabolical minds failed to destroy the teachings and influence of Jesus, so Mazdaznan continues to sound its message of Peace and Glad Tidings of Great Joy, despite the greatest efforts on the part of the guardians of ignorance.

In the meanwhile Mazdaznan continues to make man better physically, spiritually and mentally, without the expectation of a reward other than that "of the joy of doing good."

Mazdaznan does not proselyte—it is a Message to Mankind. Acceptance and adherence to Mazdaznan does not place man under any obligations. It is the only Institution that recognizes no authority higher than that of God.

The Great Plan of Life is briefly stated in the *Mazdaznan Declaration, Confession and Affirmation*, which may be obtained, with other free literature, by addressing the *Mazdaznan Press, 3016-18 Lake Park, Chicago, Ill., U. S. A.*

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THE PIONEER

History conclusively shows that anyone sounding a new and progressive Note, has usually had to bear the brunt of not only severe criticism and ridicule, but even persecution and sometimes death.

In fact the lot of the Pioneer is rarely, if ever, an easy one. Only the man of courage, perseverance, ability, foresight and conviction can successfully undertake the "task of new beginnings." But when he has demonstrated his Faith, then there are many who are glad to follow and do likewise, claiming they always knew he was right. So it is in the subjective as well as the objective things; the proper combination of which is the truth.

Mazdaznan comes at this time to "blaze the way." It teaches nothing that cannot be scientifically tested, based on practical common-sense, in accordance with the "spirit of the times." It claims to be no new Gospel, but rather a revival of the Old. It conflicts with nothing that is Good, and desires only that Perfection and Peace may reign. For instance to be Mazdaznan one need not resign from the Church, sell all that they have, retire from the world: reduce their bank or spending account or even attend Gahanbars! Because its aims are so high and its methods so pure, requiring no money, demanding no obligations, differing from all other Organizations of a Religious

nature, it has been greatly misunderstood.

With conditions as they are, is it any wonder! A sensational press, anxious to provide free advertizing, and guilty consciences, (sometimes in self-defence), distort, rage and detract the Truth, shouting "crucifixion." Again there are those of little Faith. The World, even apart from "lovers of darkness", cannot yet believe, that the best ideals of the Greatest of all Best Men can be realized and lived, here and now. Mazdaznan does and can prove it! As usual, in the Truth, it does not attempt to persuade Man against his will and refuse any sign to convince. Nature, to the student, is providing all the evidence necessary. (A reference to the Sun's present position in Zodiac, causing the World's unsettling commotions and contemplation of how the "corner" will be passed in 1927, is sufficient to the Wise.)

But to the Individual, who is interested in himself to "come and see", and ready and wise enough to apply personally the simple, absolutely inexpensive means freely given, assistance is gladly offered. What other System or Philosophy shows the *complete way* unto Peace, Health and Prosperity? If there is a surer path every Mazdaznan wants to know it. The stumbling-block to development, if not indifference or ignorance, is generally lack of confidence in self; and the rarity of a mind void of prejudice and superstition. Enlightenment only comes to him who fears

not to "think and to know for himself." Mazdaznan is too busy to desire to proselytize, much less seek adherents, as do other Institutions. Yet they are coming because they can not stay away, and they all say, "It is too wonderful for words to express." From every walk in life, the Pure and the Faithful are awakening. If Mazdaznan were seeking aggrandizement of wealth, power and fame, it could have it today. In fact it has it now, and always has had it, but does not intend or care to display it, remembering that the "Pearl of Great Price" is not for the many. But the Recognition and Acknowledgment already made by the 'Truly Great Ones', will soon be gladly accorded by the crowd; for *Mazdaznan is the Password!* and the "New Name" of Prophecy, now offered to a Destined Country, sixty-five percent of whose population as yet own to no Religious Allegiance. Of the other thirty-five percent, what can be said? Under other names, Mazdaznan has been the Reformatory Power of Ages, Cycles and Dispensations. Study it and then compare and see what Archeological Research, Historic, Scriptural and Philosophical erudition says of the Zend-Avesta—the Wisdom of Ainyahita, Zarathushtra, Socrates and the Christ. The conclusion arrived at will be the same as that of Max Mueller, West, Mills and Kapadia, to mention but a few recognized authorities. Because one has not heard or proven truths for himself, why disbelieve without investigation?

Seek and ye shall find, is an undeniable fact; and while there is yet time, is the time for us to improve our opportunities. To prove all things we must be honest to ourselves. Mazdaznan demands the Truth and nothing but the Truth.

—*Guromano.*

FROM THE WANDERER

Since the discovery of the nervous system, proving to be like unto electric cables, physicians are to be taught to become linemen, to repair faulty insulations, and—some more work for the undertaker and more work for the casketmaker.

The latest is the opening of a new cemetery in a sanitary district, with high ground and an open unobstructed view. Lots are sold on the instalment plan to make it possible for those of small means to insure unto themselves an everlasting abode. The graves are to be kept in trim until the day of resurrection. To avoid the rush only one lot will be sold to a purchaser. The price will advance ten percent after the first thousand lots are sold. Provide for the future and you shall have no *regrets* to offer.

And now comes Mrs. Edison and tells us that she and her husband, the inventor, consume only ten ounces of food a day and they have done so for years. She feels the better for it

and he is as spry at sixty-seven as he was when he tread the lover's lane. She quit the three-meal-a-day idea long ago and eats only what appeals to her as nutritious.

The study of Botany is to be discarded from the public schools in the near future owing to the fact, lately made known, that plants have sex. This fact may have never leaked out had it not been for the publicity "eugenics" have gained. Let us hope that the universal kingdom be spared this terrible blow—for should the karat of gold and diamonds be revealed what will turn-up to keep us in gems. Of course we have heard of dressed chickens and dressed mutton but wouldn't it be awful if onions, carrots, beets and potatoes should have to be served dressed so as to protect their sex?

The January number of the International Magazine was barred from the mails, because the cover was adorned with an art picture representing a slim young lady poised on her toes, one hand making a gesture near the neck and the other knotted up at her side; her head thrown back, her eyes closed. The Editor, Mr. Viereck, is quite indignant and continues to exclaim: "This age; these people who can not see the artistic, the beautiful—Oh, what an administration!" And then he rhapsodizes in German, meaning that in Germany they laugh at our "shocking modesty."

IT IS SHOCKING

Some of our Scientists are not at all surprized at the recent quakes felt in the Champlain valley and as far up as Montreal. It is stated that Buffalo, for instance, has not had an attack from quakes for over (30) million years—or since the end of Silurian times. But as far as Manhattan is concerned, there is grave danger, because there are some faults found in the rock-formation. True there has not been anything of note since the Triassic times, about (10) million years ago, but now the Palisades are apt to become shocked almost any day. Let us hope the Palisades will not be shocked any more than Manhattan itself. If not shocking—it will be hard on Wall Street and Tammany.

THE Sunday school class had been reading the Bible narrative, and the minister had come to examine the scholars. The replies to all his questions were quick, intelligent, correct; as, “What great crime did these sons of Jacob commit?”

“They sold their brother Joseph.”

“Quite correct. And for how much?”

“Twenty pieces of silver.”

“What made their treachery so cruel?”

Then a bright little fellow stretched out an eager hand.

“Well, my little man?”

“Please, sir, they sold him too cheap.”

TABLE PRAYER

Thou, Father, Creator of Worlds;
Thou hast called from out Thine Own Centre
Thy Indescribable Creation;
Thou, O Master, hast blest the Earth,
Thou hast given unto Her Thy magnificent fullness;
Thou hast crowned Her with sunbeams;
Thou hast endowed Her with good unto better,
That She may grow, blossom and prosper.
Through pain and sorrow Thou liftest man
Unto realms of light, life and bliss.
We call upon Thee, O Master,
That in this hour Thou may'st abide with us and bless us!
Yea, bless Thou our Home, our Circle,
And may this food our bodies bless,
Which Thou this day hast given us;
O, bless it to the perfection of our being,
That we in honor may glorify Thee
And worthily receive Thy Peace.
Through purity of mind and body,
May we rise to joy and happiness.
To us, Thy Will forever sacred be,
That even through the darkest night,
We may behold Thy Love and Light;
For Thou, O Master, art the Goal!
Thou art the Aim! Be it so! —*Amandus Moebius*
Dedication Mazdaznan Home Circle, Goerlitz, Germany.

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MIRIAM WAS FIRST SUFFRAGETTE

"The first suffragette on record was Miriam, the sister of Moses," says Madame Mountford in her most interesting lectures on Palestine.

"At the triumphal passage of the Red Sea, Miriam headed the woman's procession with timbrel and song, celebrating equally with the men, their national deliverance. Thus we have proof that a woman's parade is not an innovation of the suffragists of this century.

"There exists a mistaken idea, that the women of bible lands in both ancient and modern times have been kept in seclusion and ignorance. But the women who are in so-called seclusion are a very small percent of the total number. There are a great many examples in the bible of women who played an important part in the national life of the Jews and today competent women occupy positions of considerable honor and respect.

"Among the Bedouins under which class the early Jewish people should be classed, the men will not go to war without the consent of the women, and in case they do the women must go ahead with musical instruments to cheer the warriors on to battle. The women have a strong voice also in governmental matters. The handsomest women were always picked to go before the army. The reason Miriam became jealous of Moses was because she was afraid the Ethiopian wife which her brother married would take her place at the head of the procession. Blondes on account of their scarcity are very popular and are considered the beauties of the country. Auburn hair is quite a distinction. King David was a blonde; Rachel, the Sister of Leah, was blonde and that is likely why she was Jacob's choice.

“An old custom of the Jews accounts for the fact that Leah was tender eyed. Among the Jewish people no matter how wealthy the family, the mother always did the baking. When she died the oldest daughter took up the work. Leah being the oldest she was compelled to attend the oven, and the heat caused a redness around the edges of her eyelids. This was a common trouble among the women and for that reason no unmarried girl was ever allowed to do the baking unless she was the oldest girl and her father was a widower.

“It is still the custom not to allow a younger daughter to marry before her older sister. This rule is strictly adhered to. If the consent of the older daughter can be secured to the marriage of her sister, the ceremony may be performed, but everybody knowing the custom will say, ‘There’s something wrong with that girl,’ referring to the single one.

“Outside of the cities where there is a foreign population, the country is as it was in the time of Abraham. Life is lived in practically the same way, and there are no improvements. The people prefer riding donkeys and camels than to travel by rail.

“There is very little attention paid to sanitation; leprosy exists just the same as it did at the time of Christ. The disease has three distinct effects on the body and each manifests itself in its own peculiar way.

Although Jerusalem, where Madame Mountford spent the first twenty-two years of her life, is thickly settled and is not kept clean; it is remarkably free from disease. This is ascribed by Madame Mountford to its high elevation and good drainage.

—*Des Moines Capitol.*

REMARKABLE FACTS

DEVELOPED BY THE SUN'S ACTIONS DURING
THE PERIOD WHEN ITS CHIEF DEVOTEE
WAS UNDERGOING TRIAL.

Our attention has been called to a striking phenomenon in connection with the recent trial of the Head of the Mazdaznan Association in the Federal Court of this city, which, when analyzed, supplies rather convincing proof that the sun exerts a most remarkable influence on human affairs. We have reference to Dr. Otoman Zar-Adusht Hanish of the Mazdaznan Society.

The most significant feature in the trial of Rev. Dr. O. Z. Hanish is found in the following facts: On November 28, 1913, the Head of the Mazdaznan Association was called to meet the most important crisis in his affairs, and co-incident with this disaster, it was observed by all who gave the matter any attention, that the Sun seemed in sympathy with Rev. Dr. Hanish, and for days during the trial the Earth's greatest luminary was veiled in darkness, or else most erratic in its manifestations of light. Confirmatory of the foregoing we print a chart issued by the Meteorological Department of the Government showing the different phases of the Sun on the days during and following the trial.

Touching the exhibition made by the chart, the local Weather Bureau made the following observation: Since December 13th, the sun has shone on Chicago only 73.5 hours out of a possible total of 275.5 hours. Thirteen days were nights, so far as sunlight was concerned, to the profit of the germs of the electric light companies. Four other days were dark except for half-hour periods

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of sun. Beside these there were seven days in which the sun shone less than half of the allotted time by the weather experts for its course across the sky. Two days were bright from sunrise to sunset.

Coincident with this record it may be mentioned that during this period, which embraced the time of the trial, Chicago experienced the darkest of all days in its history—the day before Christmas—when midnight gloom prevailed from the morning hours until for a brief time in the minutes closing the day.

As we said in the beginning, these extraordinary manifestations of the sun, in connection with the trial of the Head of the Mazdaznan Association giving homage solely to the Earth's luminary, must be accepted as proving that more than natural forces were at work in behalf of those giving adoration to the sun.

Whatever may be said as to the truth or falsity of the Mazdaznan teachings, this much is remarkable: the sun did show its displeasure, or whatever it may be called, during the time that its chief human devotee was undergoing a period of stress and apparent calamity.

— *Western Trade Journal*.

A WORD OF ENCOURAGEMENT

The November Magazine is an especially strong number and the "Anthem" on its first page full of inspiration. The broad spirit of Mazdaznan always enables us to recognize our own limitations. If lines bearing directly upon the Great Cause should come to me, I will gladly contribute them to the "Mazdaznan." The Great Work here is prospering. With the Season's Blessings for the "Household," *Emma V. Delaney*.
Chicago, Illinois.

SUGGESTIONS FOR LENT

WHAT TO DO AND HOW TO DO IT

DO IT NOW.

With February 25, 1914, the Season of Fasting begins according to custom no wise man should underestimate. Partial fasts are in season and occasional absolute abstinence from food, for several days at a time, are commendable. Abstinence from food will give Nature an opportunity to adjust many a trouble, if not all. At any rate, it is worth the test and in some cases it may be well to assist Nature with means as are in season.

ASH WEDNESDAY

is a day that will linger in the minds of thinkers and the usual ceremony performed on that day intended something more than it appears in the seeming.

It is well to use a pinch or two of WOOD ASHES at each meal during Lent. Discard SALT altogether and in its stead use ORRIS ROOT, POWDERED CELERY in the preparation of dishes.

During Lent eat plenty of watercress, dandelion or mustard leaves, in fact, all the diverse green field products. They will prove the best eliminators and tonics. When irregular, try our REGULATORS.

Drink SASSAFRAS tea in the morning, VIOLET tea at night, before retiring.

At this time of season use best of Olive oil and to
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make it more palatable for soup, stews, and salads, boil it over a slow fire, adding one onion and a sprig of parsley to each quart.

It is well to cover the body with WOOD ASHES right after a hot bath and to oil it with SWEET ALMOND OIL. For a good velvety skin, use rain water or snow water. First make hot applications and thereafter cold and colder and as cold as can be born. Thereafter apply a little BEAUTY CREAM.

Face, neck, and hands treated thus twice a day will assure a youthful appearance that will last through the summer season.

To soften hard writer use a little borax and in your baths use sal soda.

Rinse mouth with OIL OF EUCALYPTUS to one tumblerful of hot water and swallow the last mouthful on an empty stomach every other morning.

BETTER GO EASY

There is no doubt about it but a European war would mean annihilation of civilization and culture to all of Western Europe making America the centre of progress while the Russian Eagle would soar high above the lands of Reformation. It is hoped the selfish monarchs cease the tactics of their ancestry and begin to direct their efforts to the development of industry rather than militarism. If the heads of a country cannot foresee dangers through war then the people must take the regime into their own hands to protect their interest and those of generations to come.

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FOR HEALTH AND LONGEVITY

Every now and then new discoveries are made by scientific men whose learning we do not question, but if they kept better informed, they could have been spared much experimenting before arriving at conclusions and furthermore would learn that even the best of their deductions are faulty. We are pleased they are coming our way, although slowly, and before the authority ridden world at least make confession that Mazdaznan contains and has lived these discoveries for centuries.

Dr. Metchnikoff once thought of having discovered the secret of health and longevity in clabber. Dr. Grundrum thought he had it when he tumbled on to the garlic among the Hungarians and Bulgarians. Evidently he never dined with Italians and never had the good fortune to worship at the synagogue with the orthodox or visited the Ghetto. To sour milk and garlic Dr. Lane adds paraffine oil or Russian Petrolatum liquidum. He tumbled to it that auto-intoxication was the cause to most of our ailments. A mechanical defect in the construction of the intestines is the cause to so much misery, and lubrication of the intestines will remove many of the yet unknown ailments. "Proper drainage is precisely as important in a human body as it is in a house," says Dr. Lane.

Whatever may be the discovery, one thing is certain that everything has its place in time and season. The clabber will do its work as it has done of old, providing it is used judiciously. Garlic is a wonder worker in pulmonary troubles, and combined with proper diet most successfully overcomes tuberculose troubles. Owing to

so much torpid livers and diseases of the intestines it is well to take about one teaspoonful of Petrolatum every night. It should be kept up for weeks and the diet corrected. It will prove effective on fast days, taking it on an empty stomach followed by a tumblerful or two of hot water. Petrolatum is practically tasteless, and taken by far easier than olive or almond oil; the latter very good in hemorrhoids and rectal troubles, in which cases it ought to be used alternatively with Petrolatum.

During Lent garlic on toast should be used freely, also in all of the dishes, like rice and lentils. Clabber is not of much value now; neither are any of the dairy products of good consequence. Plenty of diverse greens should be consumed, particularly dandelion, wild mustard, sorrel, endive, fenugreek, watercress, etc. Green bananas boiled and served with lemon gravies occasionally will prove refreshing. Baked bananas with rice, and banana fritters will be relished. Cut down your rations and be simple in your diet for at least (5) weeks and enjoy good health. Remember the lessons of old that by Breath and Diet, Egyptian Postures and occasional lubrication, for a term of seven days at a time will amply repay you for your attention to your body.

MAZDAZNAN ECHOES

In Germany, Austria, Switzerland, etc., Mazdaznan continues to grow and increase with surprising rapidity. Father David and his splendid corps of co-workers continue to go forth with their silent "sling shot", conquering the "Goliath" of today—the great Molock of materialism, manifesting in all forms of error, darkness, superstition. Notwithstanding the activity of the adversary and his legions, Father David moves steadily on, as the standard-bearer of Mazda's Great Message, planting the banner of freedom in every city, town and hamlet throughout the German Empire. Success to Father David and his noble co-workers.

From England comes the "new-born"—we cannot say "infant" for lo! this "infant" was born *full-grown*. To describe this newly born one, would be difficult, as words in this instance, would truly be inadequate. We are not only happy but proud to introduce our people to the new "British Mazdaznan Magazine", issued quarterly by the Mazdaznan Publishing and Supply Co. Ltd., 86 Seymour St., London, England—Gilman Beeler, Editor—Annual Subscription One Dollar.

We are also pleased to acknowledge the receipt of several copies of Brother Gustav Volkmar's Booklet entitled "The Principles of Mazdaznan"—a very clear and concise synopsis of Mazdaznan, as an educational system for the self-development of man. With Brother Volkmar's permission, we shall be pleased to present in consecutive series, this excellent exposition of Mazdaznan, beginning with our April number.

The Holiest Father, who alone is worthy of Glory and Radiance, be our Propitiation. May his ascending Illumination permeate everything and quicken all

Unto the Glory of Ahura Mazda.

Our Dear Master:

It gives us pleasure that everything tends toward the furtherance of this grand work and leads to victory. Mazdaznan stands higher and untouched than ever heretofore; since in the presence of the adversary even the weaklings have been compelled to take to the arms of assurance and prove their faith by overcoming the enemy. We rejoice in moves upon the chessboard of this world's performance and the success introducing Salvation. All our desires have reached the zenith of satisfaction, being able to express our thanks for the privilege of being a witness to all this state of felicity.

Switzerland is growing and promises to become a Mazdaznan stronghold. Here this Master-thought crystallizes, owing to the united thoughts of Freedom from all serfties, which has been concentrated to a sun, where the air fills with perfume and quickens. Ahriman fails to gain power here.

Basel, too, has a home of its own. In Zurich, the Temple is beautifully decorated. With giant steps the numbers have increased. It will not be long when Scientists will be compelled to study Mazdaznan.

We understand that the Covenant Gahanbar is to be held as an international one in Zurich.

Daily we ask ourselves if Gott reigns in us and if we still are in His grace. Then we have no other wish but to remain in obedience, the servant,

— *Wilmos.*

Mazdaznan

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WANTED: A young licensed physician for a sanitarium. Must be liberal in his views and be up-to-date. Address, care of Mazdaznan, Lowell, Mass.

WANTED: Ten thousand acres of land near the gulf coast. Must be cheap for cash. George Herwig, 1908 Eddy St., Chicago, Ill

WANTED: A strong, strapping, able man to take charge of an orange, grapefruit grove. Must be experienced in budding and operating. Address: P. O. box 1376, Los Angeles, California.

WANTED: An experienced baker, able in French and Vienna wares. Hygienic Electric Bake Shop, 1411 Polk Street, San Francisco.

WANTED: Position by an educated German lady to take charge, and teach children. Address,— Mazdaznan, Lowell, Mass.

WANTED: Invalid children to care for. A. Brown, 11 Wilton Ave., Lowell, Mass.

GENTLEMEN'S neckties made to order by Grandma Shaw, 11 Wilton Ave., Lowell, Mass.

PAINTINGS of all descriptions and designs, technical and mechanical drawings where absolute accuracy is necessary. Address: Designer, 200 Hancock Ave., Jersey City, N.J.

DESIGNING for books and otherwise done by Walter Meyner, 150 Nassau St., N.Y. City.

MECHANO-THERAPY and Neuropractic may be obtained through Dr. Freeman William Havard, 703 Garfield Blvd., Chicago, Ill.

CHIROPRACTIC and Dietetics is being administered by Dr. Chir. Benjamin William James Rose Ruth, who traveled extensively in Europe and America to acquaint himself with the newest discoveries in practice and who completed another course in Chiropractics. Boston, Mass.

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 M. E. R. HILTON, 54 Columbus Ave., Lowell Mass. U.S.A.

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THE GREAT CONCEPTION

And lo, a King was born! A simple human babe,
Of lowly origin He seemed to be, not lowly as is judged
by man's estate,
But in the thought realm of infinity.
His kin has graced the royal house full many a year
But had not yet ascended to their highest sphere;
Instead had stayed in progress with affairs of state
And occupied full regal office there.
The Baby grew, ill-nurtured on that barren soil,
A sickly, weakly Babe, scarce breathing his existence.
The mother strove some strenght to impart, but failed;
Her mind could find no key to fathom this her child.
The Baby waned nigh to extinction, but His spirit knew
And watched the ebbing life full sorrowful.
Then did the Law assert itself and drive the parents forth
Upon Life's desert track with this frail burden from
immensity!
The Baby scarcely breathed, His flickering life gasped
sobbingly
And the fierce heat of noonday sun helped the destruc-
tion there begun,
So that the parents knew the hour glass had not long to
run, And nurtured him full lovely.
The journey ended like a fateful theme;
Still breathed the tiny deathless spark within. Thank
God, He's saved!
For He had come among His truly kith and kin.
O joy! The Baby lived! A Baby king!
He grew, He thrived, rich soil they did provide,
Until He stood a living Thing, drawn from the clutches
of an envious past.

And as He grew, great wisdom did expand,
 Taught by no gentle hand,
 But reconstructed blessings from the Past.
 Much did He meditate on things that were, that are and
 things to be;
 He saw it all, He saw revealed the key,
 And with it, He unlocked the door which bound infinity.
 Stupendous overpowering thought lay hidden there!
 He staggered 'neath this load of awful care,
 He saw the role His soul said He must fill,
 He had the *Inspiration* and the Power of *Will*.
 For many days He cast the thought aside and many hours
 He wrestled with his soul to hide the great responsibility.
 But no, that calm, pure Guardian of his life
 Stood pityingly apart, until the mortal strife was o'er,
 Then folded the bruised heart unto His breast and coun-
 selled Him.
 Thus passed the Great One to His Throne,
 A *Will* complete, self-mastery that would stand alone.
 He sought His kin and told them all,
 They were expectant this great thing would befall
 For in Arcana it was writ among the Ancient Lore,
 But they breathed not its message unto Him,
 Lest they anticipate the awakening within.
 But having sought and found it for Himself,
 They hailed His recognition reverently,
 And deemed their toil and labour not in vain,
 Though they would fain withhold the cup of bitter pain.
 Thus with the Royal Stamp upon his brow,
 He journeyed forth, a King to claim His own;
 To reap the harvest, where the seed He'd sown.

BY CHRISTINE HALL-SMITH

THE TWENTY-THIRD OF MAY

THROUGHOUT the world and wherever the Saints of God have pitched their tent for an abode, whence they may pursue their labors of this earth's redemption, the Birthday of our Blessed Savior Jesus is being celebrated on May Twenty-third. True the day of the Birth of Jesus is not held sacred by churchianity, since the latter places his birth with that of Mithra or Chrystos, still there is a goodly number of Covenanters who continue to remember the author of the Star of Bethlehem, who passed through the Eastern Gates of the Heavens to clothe His spirit in the garments of matter, that He may wander upon the lanes of poverty, pointing the way unto Truth and Life. He came to His own, yet His own received him not, but they would claim His title for which He paid the price of His precious life. The Covenanters recognize Him in all His glory and continue to uphold His work unto the redemption of the earth, the earth that holds within her chambers the entity of destruction, which to redeem lies within the Plan of Salvation and to which end the Saints of God must continue to exercise their holiest virtues, never to resent evil, but to bestow the blessings of redemption upon all who persecute, curse and offend us, that our superiority of character may put them to shame, a shame effecting final change in thought, word and deed.

SERMONETTES

INTELLIGENT people do not deride or scoff at those who are in possession of more advanced knowledge and wisdom. The world's Saviors were crucified by the mob, the rabble, the low and ignorant.

MAN yearns to come in harmony with Nature and with the Infinite; he drifts, dreams and reads beautiful books about it, but something more than dreaming and reading is needed to bring man into unity with God and His creation—He must grasp the reins of knowledge and work with might and will to adjust his life in accordance to law and order.

MAN is what he is, according to the ceremonial usages. The first indications of that appears in the correct arrangement of bodily carriage, the harmonious adjustment of the countenance, and the natural flow of speech. Poetry gives expression to the thought; Singing prolongs the same; Pantomimic movements put the body in Harmony with the sentiments. These three things originate in the mind and the instruments of music accompany them. Music expresses delight and virtue, while ceremonies are a return of feelings. — *Li-King*.

INFLUENCE comes through song, music, speech and movements.

FROM East to West; from North to South; the great Savior message has been sounded. In every city, town, village and hamlet shall be proclaimed the Gospel of Peace, which brings Health and Happiness—for MAZDAZNAN shall the pass-word be. Every knee shall bow and every tongue confess the glories of good thought, good word, good deed.

MAN rushes head-long with the restless tide of blind, unheeding masses, beholding not the great tidal wave rushing toward him with relentless fury, ready to submerge him in its frothing, surging waters. He sees not the outstretched hands; hears not the saving voice; on, on to his doom; regardless of this fact, that within and about him is the great panacea for all his ills, his woes, his trials and troubles.

JESUS said "Why will ye die? It is not the will of the Father that ONE of these little ones should perish." He has filled the great spaceless sea with life-giving energy and man has only to draw it into his being through the Breath. Yet this, even this seems too much of an exertion and with an apathy like unto death, he is carried down the disintegrating path, into the valley and shadow of unending night.

HINTS OF THE SEASON

MAY has come and with it May walks.

THE lessons and study in Nature during the quiet hours of winter are now to be observed objectively.

REMEMBER your hourly sacrifice, breathing out the carbons, accompanied by a prayer, spoken without ceasing, or upon one single expiration.

Go to Nature on Sunday and take your pew beside still waters, the fields or woodlands, upon hill-tops, in a canyon or beside the sea-shore, leaving it to the elements to preach a significant sermon to you, while the birds of the wildwood sing their anthems unto Him who recognizes no authority since He is the Author of all.

The Prayer for this month is: "Open, O thou world-sustaining Sun, the entrance unto Truth, hidden by the vase of dazzling light. Soften the radiation of thy illuminating splendors, that I may behold thy true being. From the unreal lead me on to the real and unveil the magic illusions of the phenomenal worlds that I may see the path unto Realization. Amen."

ROAST the dandelion root and use it like you would coffee, for a drink, adding cream to suit one's taste.

WHEN hot bakers' wares are used do not have another cooked dish with that meal; let all other foods be used in their raw state.

THE month of small - fruit juices in the morning, an English muffin and a glass of sweet milk. For lunch a rhubarb-salad and a soft boiled egg with two tablespoonfuls of raw cereal. For dinner a combination salad and hot biscuits. Continue to use herb teas.

START your Milk- and Rest-cure this month if you intend to take it at all. To be effective, it should last from five to seven weeks. To do it properly, follow King Nebuchadnezzar's method. Arise at sunrise, take an hour's walk, or devote an hour to garden work; thereupon take a salad consisting of fresh calamus, rhubarb, watercress, or waterpepper, mustard and dandelion leaves. Take a pint of fresh milk. At noon select your salad and take a pint of milk; likewise at dinner. Every three days increase the quantity of milk, but cut down on the green salad. After three weeks you are able to take four quarts of milk and just a few greens. That point reached, you cut down on your milk, little by little; increase the consumption of salads and by the time you get down to three pints of milk a day, start to use cereals in small quantities, or fresh sweet corn, if in season; also green peas, string beans, giving up milk entirely.

TOO MUCH THEORY—LITTLE PRACTICE

ONLY too often the discovery is being made, that wherever a subject has to be defined to the last instance, the pupil seldom, if ever, is benefitted, or follows the deductions made. One must only seek information, but put to work one's own intelligence. By an authority we simply mean one, who through individual reason and through comparative study, arrives at conclusions which stand the test of analysis. Every mind, to be such, must necessarily think out, reason upon the thought of, reflect comparatively and deduct according to logic. Demonstration then becomes a stubborn fact against which all sophistries dash into worthless fragments. Shallow-mindedness and a little knowledge or a smattering upon topics of the intellect, is a most dangerous thing to the individual and a menace to society. Only too often, like a lot of invalid children, these varnished second-hand mentalities, become the nuisance to progress, and outnumbering by far those of better reason, always push themselves to the front like the scum upon waters. Against such a high tide of ignorance even the Gods struggle in vain. We may say, that a Jesus caused the winds and the waves to obey His will; yes, but it was on a little inland lake, Genesareth, and not in a Titanic hurricane upon a boundless ocean, whose maddened waves heave like the chest of an enraged giant, who lacks rea-

son and has still less consideration. It is by far easier for a Moses to divide the waters of the Red Sea, for in this instance will come to his assistance all the calculations of scientific engineering, where matter readily yields to the ingenuity of mind and hand, than to direct a touched-up automaton of animal breed in human form into channels of reason, since none but their own kind come into play and come to their assistance. It requires a great deal of the Power of Thought to be able to draw a line sharp enough to determine the range of our operations, that we may never lose ourselves in theories that savor of uncertainties, but rather follow the narrow path of Practice, as through Practice or Yogi alone the Path or Tao discloses unto us the degree of Obedience or Islam required to gain the Love of God or Chrystos. For this reason Salvation comes to the Saints of God on earth, that with the Power of Healing at their command they may become victorious in redeeming the Earth unto the furtherance of the Thought of Immortality in matter. To this end our Thought is not to follow the trend of separation of matter and spirit but to seek harmony within all the domains of consciousness that in so doing the Adversary himself realizes uselessness in strife and directs his spirit toward Emancipation and Peace. Not to proselyte among our own or the strangers but it is our aim to direct our Thought toward the redemption of the earth.

A WORD TO THE WISE

Mazdaznan as a Study is very difficult because of the immeasurable ground it covers. It does not stop at the Protoplasm, after having corrected Hæckel, Spencer, Huxley and Darwin, neither can it be perplexed by the zymotic state of crystalization or cellformation; Genesis is merely a glossary, the index to the Storehouse of Wisdom which to find is every man's right, nay, a duty. But what a long and winding path it is to reach the goal by taking in Wisdom like we would country scenery, traveling in handcarts or ox-teams.

Mazdaznan is a Life-Principle that turns the Study of Life into a growing Tree whose branches and twigs develop leaves, unfold blossoms and bear the fruits of the spirit. There is a simple path that leads to the goal, but we must not tarry by the roadside, for fast falls the eventide. We are apt to waste time with details rather than with practice which alone assures results. In Mazdaznan we consider the Breath of Mazda as the Regenerator unto a quickened Life, assuring the Blessings of the Spirit. On the Breath are carried all Thought waves, and these again are governed by Prayer, Movements and Diet.

The Breath of Mazda comes in soft breezes, rhythmic and in tuneful measure, consequently the inspiration and expiration remain equal in their time. In this wise tranquility

comes to the soul which turns the latter conscious.

By Prayer adjustment of the dynamics takes place, the exhalation becoming the factor unto attention. The more fervent the voice, the greater the zeal in expressing the words, the greater the effect upon the organism. Without the additional exercise, the Breath of Mazda, all prayers are only temporary in effect.

Adding to the two former phases the exercises of pantomime calculated to accompany Prayer and the Breath of Mazda, the Harmony of the Organic has been reached.

Simple Diet will now pave the way unto rejuvenation, retaining the better part of soil's substance and convert it into substances heretofore beyond our nature. Diet by itself is of little consequence, except to stay the revengeful hand of Nature for a little while longer, either to give us time to adjust matters, if honest in our intentions, or to make matters worse thereafter, all being gauged by motives.

What is true of Diet holds good with all the means employed toward Realization. Separately used they show and lead to unbalance; observed conjointly there is no limit to felicity. Faith is a good thing to have, but without demonstration, without works, it is useless, dead. So it is with works, exercises, alone; they become tiresome.

ECONOMY

TO PRACTICE economy in the midst of plenty is to be prepared for the inevitable, with an assurance and ability to make both ends meet.

There is doubtless some truth in the homely saying "that a wasteful housekeeper can throw away more with a teaspoon than a thrifty bread winner could bring in with a scoop-shovel."

What can be more pitiful than to see the woeful habit of waste and destructiveness growing in children. It not only portrays great neglect on the part of those who are the parents and guardians of such children but also that the future of such unfortunate ones will be weighted down with "the dread of want." These are the children that will cry for *bread* but will be given a *stone*, since only thru suffering the pangs of hunger, will they learn the lesson of true economy. "Wilful waste brings woeful want." Wherever poverty reigns absolutely, one is not long in discovering the leakage, and may be sure to find the cause of such condition is but the working of the law of cause and effect, meting out the merited condemnation as a just penalty for profligate waste.

It was said of the prodigal son that "he *wasted his substance*" and may we not conclude then, that all who do likewise are in reality nothing more than prodigals and as such will also be overtaken by trouble, sorrow and hu-

miliation. However, with the prodigal son, he yielded at last to the "inner voice" and with a penitent heart, he returned to the Father's House confessing his sins and declaring his unworthiness to any longer be called a son. Such contrition of heart was well-pleasing to the Father, for when yet a great way off the Father went forth to greet him.

THEY NEED NO CHAMPIONS

MAZDAZNAN requires no champions or defenders, but can and does speak for itself. Anyone interested enough can easily ascertain that the 'silly' things implied and the 'it is said' assertions, are the phantoms of a half-starved, if not very thirsty imagination.

Whether our bill of incorporation becomes law or not, matters little to me, in comparison with a miscarriage of common sense justice and British constitutional rights, due to lack of knowledge of the true facts on the part of our legislators. That they, and the people of Canada, and particularly of this Province, should have every information is our greatest desire; and of course, their right.

Believe me, Mazdaznan has nothing to fear or hide and welcomes honest and intelligent inquiry and the most searching scrutiny. We believe it to be the sanest, simplest, and most practical system of healthful and proper living

yet evolved, based on individual education and self-culture. We feel bound to extend the work, only desiring that others may also be benefitted. Mazdaznan is in no way a money-making scheme, it being given free, without obligation, the individual being shown how to truly help himself.

All we would ask of our fellow-citizens and countrymen is that they neither judge nor condemn Mazdaznan by hearsay, or foreign reports, but investigate first-hand for themselves. Every meeting held is open to anyone wishing to attend, and we use up considerable newspaper space giving this fact publicity. Literature may be had for the asking.

In no way does Mazdaznan conflict with established institutions, being entirely constructive; nor do we proselytise. It is not a church, sect, cult, or denomination, and is 'religious' only in the sense that all things are, or should be, religious. It is simply an association which in a few years, has interested over 140,000.

That Mazdaznan has been in the press and court limelight during the last few years cannot be denied. In truth, we are rather pleased that it has been so. Because the searchlight that has been 'turned on' has only proved how invincible is that which is good and pure. No power that money and influence could bring to bear has been left unmoved. Finding how unassailable was the philosophy, they turned their campaign on the individual, yet their aims and efforts have come to naught;

and instead of hindering the progress of the work, they have done it much benefit.

Why, we are asked, do we stand for it. One reason is, that the libel laws of the United States are almost impossible to enforce against a press, which never commits itself to definite assertions and practically controls the country; and another is that Dr. Hanish, who is always the one "imputed," refuses to allow the association to take action on his behalf, caring nothing, personally, what may be falsely stated, and saying, "Mazdaznan can afford to wait."

The present action of the United States Government (referring to the Hanish trial) is another atrocious maladministration of justice, impossible outside of America. It is really a continuation of the "Lindsay Case" of two years ago, instigated by the same people, which was won by Dr. Hanish in the Supreme Court. This time the charge of the Federal Government is "of sending obscene literature through the mails, or by express, in the form of a book, called 'Inner Studies,' a book dealing in the most scientific and refined way on eugenics and, please note, passed upon over ten years ago by the Washington Government itself, and granted copyright privileges, and since on open sale. Was ever such a case so foolish?"

As to the character of Dr. Hanish, his knowledge and wisdom, his self-denial in a mission that has brought to himself many

annoyances, but much joy to others, I can only personally say that I have never met, or expect to meet, any such nobility and purity of motive, in anyone. As it is with him so it is in his surroundings. He and others know that principle will win, and gladly take their stand and are not afraid meanwhile.—*Lt.-Col. Arthur F. Gault, Montreal, Canada.*

ADVERSITY

Adversity is one of the most difficult of all tests to withstand. Next to the loss of Health comes Poverty. To be dependent on others, under obligation or to owe money is to the noble man and woman, the severest strain. Worry, caused by the Dread of Want, may easily be the forerunner of Disease and even Death. Hence, Ainyahita prayed, that Her kith and kin might be spared this anxiety. Few escape, yet all know that the lessons of Adversity are indeed the "cleansing fires" and that he or she who thru perseverance and faith wins out, would not forego such experiences for anything, "Made perfect thru suffering" is the epitath of all Saints and Sages.

The Associates of God throughout history have had to experience the condition of Good and Evil of their day so that the Covenant of Peace might through them come to the world. Well do they know that frequently even their

fondest, best-laid, surest and simplest of ventures, turn out entirely different to their anticipations. To be over-sanguine, cherish too highly, or talk their prospects, generally suffices to vitiate their success. In truth, they must have no worldly attachments which they are not ready to sacrifice or give up, at a moment's notice. But also, do they know, that every disappointment brings gains. With them, the Law would seem to act outside its usual fixity. Is it because they are outside the Common Law; because of a still Higher Law, the Law of Fulfillment; unknown but to them? What is Wealth anyway, but as our Mazdaznan Confession says, a matter of degree and individuality? And truly, "God alone gives Wealth, a Wealth divine." The story of Job is full of this spiritual significance, and in the sequel to his disasters and privations, lies the comfort and strength of the Elect. By "being Happy and of Good Cheer" we frustrate all attacks: therefore, Breathe; yea, Breathe. The promise is that the path will daily open up; that the Brazen Walls of Protection ever surround those who are at one with God, and that the Great Morning is at hand.

May Mazda be rejoiced and His Associates continue to be victorious — *Guromano*.

THE better way is to go alone, when climbing; in company when camping; otherwise it is best to be a stranger within the gates.

DAY OF INTERPRETATION

Passing through the Great Cyclic Days of Creation and Evolution, man has arrived at the Period of Interpretation; the "veil of the temple is rent;" and he stands face to face with his Creator, realizing for the first time his oneness with God. With this awakening comes the consciousness of all—GOD—"And this is Life Eternal to know God." No longer shall man walk in darkness and be subject to limitations born of the letter of the law. He has burst the chains of bondage, is crowned with the Joy of a New Day and declares his liberation by proclaiming the Gospel of a New Dispensation.

Breath of Mazda, Illuminator of Souls, revealing at last the Precious Fruits of the Spirit! Breath of Life, uniting the Spirit of God with the Spirit of man, opening the portals of the mind, beholding the Paradise of God, the New Heaven and the New Earth! Here the Fount of Wisdom flows like the river of life and they who drink of its waters shall nevermore thirst; while at the Table of our Lord, we shall eat of the Bread of Heaven, precious fruits of the Spirit, never again to hunger or thirst.

O Breath of God, continue to lead the Saints through green pastures of superabundance, beside still waters of regeneration, that the Brightness of the Glory of *Mazda* may be revealed through the *Living Word*.

FOOD QUESTION

EVERY now and then the question of proper food rises in the mind, either due to over-feeding or improper assimilation. The subject of diet is almost an exhaustless one, and as long as we will not acquaint ourselves with the few well-tested rules, we shall have to engage in the food problems. The first and foremost rule is to eat only when hungry. Then to eat fruit in the morning, salads at noon, and cereals, pulses or tubers in the evening. Fruits and salad-stuffs are best in their raw state. Cereals must be fresh and are of great nutritious value uncooked, except when used as flour in the form of bread, and then it is better to have it in the form of English muffins or dough-gods, which can be made exceptionally palatable by simply beating the batter in the open air. The Oriental or Yeast-free bread requires too much practice and an exceptionally fine bake-oven to be a success, although the unfermented bread is almost indispensable to dyspeptics during the wet season. Pulses in their green state have to be parboiled and thereafter steamed, while tubers are very valuable in their raw state, when used sparingly. In larger quantities they have to be baked, and seldom, if ever boiled, still some may be used in stews, where the latter is being steamed in its own juice, in addition with a little oil.

PRESENTING MAZDAZNAN

EVER on the alert, true to the Principle of Cosmic Law and in harmony with the Spirit of Time, Mazdaznan has cast off the shackles of conventionality and presents itself to the public in its pure garb for investigation, on the merits of its teaching, to all unbiased minds, sure of the verdict from those, who follow the rules of Rhythmic Breathing and Seasonable Diet, according to the simple but rational system as embraced in Mazdaznan. Mazdaznan has given its teachings broadcast in this country for decades; thousands and tens of thousands of its students will testify to the benefits they have received, with pleasure and exceeding joy. It has been the entering wedge, which forces all the well-established institutions to heed the demand of time, and change their code of action--it is no wonder then that Mazdaznan is being assailed by "old fossils," but no matter how much they object, one stubborn fact will destroy a thousand pet theories, and at last all will have to surrender to its rational logic, and practical application in all callings of life.

The four great cornerstones of this Structure of Life, as held by Science, Sociology, Philosophy and Religion, are surely misplaced as to hold at right angles the Complex Whole of Perfection. Considering the Science of Health, it misses its mark, when we look at a physician or a healer, who are far from inspiring us with Truth and Science. Here, too, may be said, "Physician, heal thyself."

As to social reform, Adam Smith and his "Wealth of Nations" is as dead as a door nail; Karl Marx's

"Capital" is still in print, but not in the foot-prints of time. Henry George and his "Progress and Poverty" is splendid reading matter, but it never gets beyond the reading table. Determinism is good, but we must first learn to be determined to conquer our own self.

As to Philosophies, which fare no better, the great Kant shows we "can't," while the sky-scraping philosophies of the dusk and yellow races savor too much of antiquated idealism to be of any extensive value to the White man.

In religious circles the stagnancy is greater than ever, and seminaries are nothing more than cemeteries, where the dead letter of scriptures has found its burial place. All this fussing about spiritual, literal, figurative and allegorical interpretations will not lead us to the understanding of the Infinite in God and the Finite in Man. In the words of our Blessed Omar Khayyam I would say:

Waste not thy life in letters of dispute,
Argument is death to the Voice of Truth;
Of creeds and of beliefs debate with none,
It widens out the breach unto defeat.

We need to demonstrate Our Religion through Good Thought, Good Word, Good Deed.

To assist in the struggle for Emancipation, the key that will open the Golden Gates of Freedom, leading into the Harbor of Safety, where Harmony rules supreme, it has fallen upon the shoulders of Reverend Doctor Otoman Zar-Adusht Hanish, D. D., M. D., of the Mazdaznan Community Math El-Kharman, to sound the "Gospel of Peace," and with it the 144,000 of the Elect resound the Message of Peace that surpasseth all

the understanding of man, and that through the renewed efforts prompted by the Spirit of the Times, all matters appertaining to Life here and now may be adjusted. In that most wonderful Message of all messages we first of all learn to realize that "we owe nothing to the world, except what debts we ourselves contract."

Health, Wealth and Happiness are the main factors in Life, without which we are wandering through the dreary desert of uncertainties, not worthy of human endeavors, and to win out in this struggle between Light and Darkness, realizing Nature's first blessing of Self-preservation, we must learn to know God, see His imprints in the Objective and by way of Reason follow the Path that leads unto the Salvation of the Saints of God, the Redemption of the world and Final Emancipation from error.

There is no need for us to wait until we are sick, disappointed, discouraged, poverty-stricken, before we seek Mazdaznan. If you are in health it is well to know how to keep it; if you are sick and desire vigor, strength, health, beauty and handsomeness, the means unto attainments will be cheerfully pointed out; if you are gloomy and downcast and would want to "be happy and of good cheer" seek Mazdaznan, it is ever ready to direct a flood of bright smiles upon you. In fact the "Mazdaznan Smile" has become as proverbial as "I should worry."

Of course Mazdaznan does not stop with the stepping stones of Nature, they are simply the means required to give solidity to body and mind. In fact, once we get a start in the right direction, it is simply

a question of time to enter into Realization, and a vista of indescribable visions reveals the splendors of a conscious life and with it--Life Eternal.

Many and various are the Cults which teach the Joy, Philosophy, Healing, Concentration, Occult Phenomenon, Science, Sociology, Brotherhood, Fellowship, Determinism and phases and scruples of Religion, too numerous to mention, still all of them fall short of the mark; they seek to gain the goal, prompted by selfish motives contrary to Infinite Designs and the Laws of Nature. Even as the birth of a being is not possible without the precedence of gestation and gestation follows conception, even so must man enter the Wheel of Chance according to Law and Order.

"Mazdaznan shall the Password be" not only on specialized lines, but it offers "without money and without price" the inimitable "Health and Breath Culture" in twelve oral lessons, each and every lesson laying a foundation in correspondence with the Powers attributed to every sign of the Zodiac,--"the Universal Breath Divine." All the learned seek it; all the academically educated want it; all the intelligent minds look for it; but no one knows how to attain it but Mazdaznan. Here we learn of the organic relation of cell to cell and how through the current of the Breath all the faculties of matter and spirit are brought into perfect harmony, not attainable by any one or all other methods, and inasmuch as any other teaching shows results, to that extent it has copied MAZDAZNAN.

Mazdaznan which was the first has come again at last and "Mazdaznan shall the Password be."

PATER CLEMENS PFUETZNER.

San Francisco, Calif.

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SQUIRMISHINGS

"There are postoffices to which I wouldn't think of mailing a letter."--President Woodrow Wilson.

THE Boer war cost England a billion dollars, say nothing of the 20,000 lives lost, for human sacrifice is an absolute necessity according to the concept of militarism, as beings are as apt to overrun the earth as are cattle, which are too slaughtered and buried--not in graveyards but in human stomachs.

THE Negro problem of the South is by far more a grave one than the Mexican or Jap problem. The latter are outside the province of the States, the former a part of and within the States.

WHERE the interests of two countries are identical it is folly to talk Reciprocity. To keep friendly relations it is best to seek markets in foreign lands or those that can offer an even exchange. Canada should enter into business with England and the States with China.

WARS are no longer carried on for the sake of gain, but to create thrones for the growing number of princes, positions for favorites or for the unloading of guns, since the manufacturers of murderous instruments must live like princes.

"LIGHT starvation and moderate exposure of the whole surface of the body to the sunshine, will prevent a great deal of cancer," says Dr. T. S. Blair of the Medical Council. Thus they are coming around slowly.

THE "London Lancet," the foremost medical journal in England, advises no breakfast, and says: "After a night's sleep, bodily strength, both nervous and muscular, is at its height and work can be carried on without food." Dr. Josiah Oldfield, who is vigorous at eighty, says: "My rule always has been that a man should never eat if he is bad-tempered when he arises in the morning."

BEFORE the Economic Club of Boston Dr. Francis Henry Wade said: "Four fifths of all the people who consult Doctors would be indefinitely better off if they kept away from them entirely. Keep as much in the open air as possible; eat all the good nourishing food you can, masticate it as thoroughly as you can, and keep as far away from hospitals and doctors as possible."

THE world-renowned medical man and evolutionist, Prof. Augustin Levanzi of Malta follows Vegetarianism and decries flesh-diet. Among other good things he says: "Meat eating is the cause to disease. Beef tea has killed more men than Napoleon in all his wars. In Roumania, where Vegetarianism is prevalent, only one person out of 20,000 has Appendicitis. In the cities where people eat meat the proportion is one out of every 121. Appendicitis is a disease of the meat eater. The Appendix has been firmly proved to have two usages. The first use is as a lubricator to help material pass up through the intestines, and it is also employed as a bacteriacide to kill the bacteria as they pass upward. This discovery is not known to the general public and only to a few experts.

THAT there may be no further loss to sponges in cases of operations Dr. Truesdale suggests a sort of loose-leaf ledger system for the purpose of retrieving sponges. He suggests the use of sponges a yard long and two and four inches wide, and to the end of each sponge he fastens a strong tape eight or ten inches long. To this a numbered metal tag the size of a silver dollar is attached, and the nurse, after an operation, assembles the sponges consecutively on a separate table, calls the roll, passes on the credentials of each sponge and makes sure that it has not been carried off by a conscienceless patient. The patient can be placed under lock and key, if necessary, while this inspection goes on. This gives to a sombre surgical operation a touch of the gaiety which pervades the Kimberley diamond mines at the close of the day, when the miners are being searched for concealed gems.

IT has been conceded by the advanced medical authorities that the Mazdaznan Science of Healing is the better than the best, by reason of the Natural means employed and the marked simplicity of its method of diagnosis, whereby a mother can tell at a glance the ailment of her child and correct all errors by fasting and prayer or through breathing and diet. It has been conceded by the world's best authorities, that no community enjoyed so perfect and yet so simple a system for the Care of Body and Mind as that of the Mazda Worshippers, who not only enjoyed perfect health but possessed a knowledge of Nature's laws, which enabled every member of the Household of Mazda to care for their own wants.

WORD FROM INDIA

To Lieutenant-Colonel Arthur F. Gault, Montreal.

Dear Sir:—In the closing week of last year I received the printed copy of your letter to the "Montreal Star" which you were so good as to send me. I much appreciate the kindly thought and the reference you make to me in one of the closing paragraphs of your letter. I would be more than human if I did not feel flattered at the singular compliment you have paid me by putting my name side by side with the names of those Orientalists of world-wide fame—Max Muller, West and Haug.

For a long time past some of us Parsees—the last remnants of that ancient Iranian Race which worshipped its own Creator—Mazda—at the fire-altar of Zoroaster—have been watching not without interest the progress of the world-old movement that has lately taken root in the virgin soil of America. Personally I feel quite proud of you who have courageously followed the Light of Mazda as you see it, regardless of the persecution of Christian bigots and the sneers of the thoughtless masses. May He in whom all light is gathered bless your Great Cause and crown your noble efforts with success.

We have been hearing at this distance of the "grave charges" made against the Rev. Dr. Hanish. Some of us are credulous enough to judge him ex parte, while others like myself absolutely refuse to give any credence to the spiteful accusations and have every faith in the reality of Dr. Hanish's Mission and in the integrity of his character. I am really glad to notice the bold front you are presenting to your enemies. Persecution has never in the History

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of the World repressed any movement; on the contrary it has served but to bring the organizers into more compact union and spread the fame of the movement in quarters least expected. So I am in a way glad of the doings of your open enemies for they will in the end prove your invisible helpers.

Next year as far as my present plans go, I shall be taking a world's tour, in which America will be the principal item, as I have already visited all the most important countries of Europe. Since receiving your letter, I am sincerely thinking of including Montreal in my itinerary to meet the new-born Mazdaznan brethren there and personally give them the loving-greeting of their co-religionists of the old world.

With best wishes; Believe me, Very truly yours,
BOMBAY, India. A. S. WADIA.

APPRECIATION MANIFEST

FOR ENCLOSED two dollars, please renew my subscription to "Mazdaznan;" may this great periodical continue to prosper and aid us in our development. With kindest regards to Thee and Thy household, A. FISCHER.

PEACE be unto Thee! Enclosed is my renewal to magazine. I am trying under my present surroundings to live a true Mazdaznan life. I sincerely believe in its teachings, and may it continue to prosper and grow in every Center, and every Mazdaznan be faithful in prayer, striving to live the perfect life, so God will enlighten them and make them to know the true way unto life and peace. Peace and God's blessings be with Thee.

C. W. HOLT.

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IT HAS just come to me that my subscription to the magazine expires this month and I herewith enclose one dollar for year's renewal to same. I always look forward to its arrival with pleasure, as well as profit.

With blessings of peace, E. D. GRIFFIN.

To our Publishers of the MAZDAZNAN, Salutation—As one of the many who are fortunate enough to receive this welcome booklet, I wish to add my appreciation. An ardent seeker after Science and Truth I have subscribed to a dozen and more Cult magazines in addition to my Churchman. I have dropped them all and retained the MAZDAZNAN. It more than fills the place of all others combined. The style is plain; the subjects convincing; the advice and counsel priceless; and enough food for Thought in each issue to keep the mind well employed. As I spent sixteen dollars annually for magazines, I herewith send you this amount to apply in favor of delinquents.

Ever in Good Thought, Good Word, Good Deed,
DR. WM. SCHUTTLER.

MAZDAZNAN HOUSEHOLD, Salutation:—Wife and self desire to compliment you on the good work done through your magazine. It is a gem. We understand it is conducted by suffragettes. Having been engaged in the printing of journals we know what it means to attend to the many details besides editing, culling, writing, type-setting, proof-reading, correcting, making up forms, underlaying, penciling, paper-cutting, printing, folding, stapeling, pasting, posting, etc. No wonder in China a scrap of printed matter is held sacred. Inclosed five subscriptions. Sincerely,

CHESTER A. BROWNE.

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FROM AROUND THE TABLE

During the polling at Chicago not less than 200,000 women registered. The sum and substance of woman's wants is "millions for education and nothing for poisons" and next on the program is "one moral standard for women and men, elimination of vice; the regulation of public amusements, a living wage and reasonable hours of labor; home governments, etc."

A prominent man strolled into the primary grade of one of the schools. "Children," he said, "what does your father say at the table just before you eat?" He looked around the room to see just one hand lifted; that of the son of a minister. Ah, here was just the answer he had hoped for from one of pious training, and he said "Well, Willie, what does your father say?"

"Why, sir, he don't always say the same thing, but last night, sir, he said, "Kids, go light on that butter—it costs 42 cents a pound!"

A little six year old girl was watching them make the fudge. As it boiled up she exclaimed, "O mama, just see how the fudge breathe—es up!"

Raised in the city until he reached ten, Willard spent holidays with his relatives in the country. At the table he forthwith took to the fork and eagerly fed his face when the Elder of the household gravely spoke up:

"Willard, before you take another bite I would like to say something."

"Let her rip," said Willard, "I don't care what you say; you can't turn my stomach."

WANTED: Fifty thousand acres of land in Arizona. Must be cheap for cash. George Herwig, 1908 Eddy St., Chicago, Ill.

WANTED: All students to get their books, new and old, at lowest possible prices, and exchange their books for suitable ones. Any book in existence can be procured. 60,000 volumes in stock. The man Dr. Hanish sells all his books to and recommends. Address,—Geo. Engelke, Book Seller, 855 No. Clark St. Chicago, Ill.

WANTED: An experienced baker, able in French and Vienna wares. Hygienic Electric Bake Shop, 1411 Polk Street, San Francisco.

WANTED: Position by an educated German lady to take charge, and teach children. Address,—Mazdaznan, Lowell, Mass.

WANTED: Invalid children to care for. A. Brown, 11 Wilton Ave., Lowell, Mass.

GENTLEMEN'S neckties made to order by Grandma Shaw, 11 Wilton Ave., Lowell, Mass.

PAINTINGS of all descriptions and designs, technical and mechanical drawings where absolute accuracy is necessary. Address: Designer, 200 Hancock Ave., Jersey City, N.J.

DESIGNING for books and otherwise done by Walter Meyner, 150 Nassau St., N.Y. City.

MECHANO-THERAPY and Neuropactic may be obtained through Dr. Freeman William Havard, 703 Garfield Blvd., Chicago, Ill.

CHIROPRACTIC and Dietetics administered by Dr. Chir. Benjamin William James Rose Ruth, who traveled extensively in Europe and America. Acquainted with the newest discoveries in practice. 54 Columbus Ave., Lowell, Mass.

M A Z D A Z N A N *(Master Thought)* AND THE M M E S S E N G E R N

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REALIZATION.

Great God, I live because of Thee!
Diffuse the Vision of Thy Self;
The Knowledge of Thy Love,
Thy Justice, Wisdom and Thy Truth.
Incarnate now—or I must die;
For Life would be a contradiction;
No Whole of Self,—just product—
With form and sense, of course;
But thoughtless in the Universal;
Therefore void; of no interest or purpose;
Creation—yes; Immortal—no:
Soulless and Spiritless, therefore What?
Whence, Why and Whither, unexplained,
Perfection lost, unrecognized.
Christ must be!—His Conquest sure!
Or I and all are lost:
My God— I live—because of Thee!

GUROMANO

THE EIGHTEENTH
SEMI-ANNUAL GAHANBAR

CONVENES IN LOWELL,
MASSACHUSETTS,

JUNE 30 to JULY 5, 1914

JOEL PLUMMER THURSTON,
COURT SECRETARY.

INVITATION

THE Court of the Mazdaznan Bund of
the German speaking countries in Leip-
zig invites all Mazdaznan of the whole
world to the

INTERNATIONAL GAHANBAR

which convenes in Zurich, Switzerland,
from July 16 to July 20, 1914.

Come, be joyful and help your young
brothers and sisters in the Fatherland.

—AMBASSADOR DAVID AMMANN.

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SERMONETTES

LET your footsteps be directed to the shrines
of Nature; your voice her praises sing.

THE running brook to him a real sermon
shall be, whose mind may run as gentle,
whose thought may flow as free.

MISTAKES are as common as clouds, but
we should not try to hold them but rather
let them pass and enjoy the good memory of
accomplishments.

WHILE we should not cry over spilt milk,
it is well to acquaint ourselves with the
means that enable us to handle the pan with
dexterous care.

MOST comforting it is to know that "to-
morrow the sun may be shining although
it be cloudy today, still, it will be well to
know how to use the clouds of to-day so as
not to meet with disappointments tomorrow.

PERHAPS it has escaped your hearing, still
it remains a fact that the Song and Music
of Nature is based upon a scale of six and for
this reason it seems quite difficult for man to
imitate her with the decided success in which
man takes pride.

THE cultured mind is aroused by poetry
while propriety moulds the character,
and music gives the finishing touches to the
heart conscious of a Higher self.

GOOD Manners pave the way to the mind
and heart, inspiring confidence and creat-
ing friendship.

GRACEFUL movements of all the body,
prompted by well directed breathing,
pave the way to harmony of body and soul,
calling out the hidden talents unto healthful
thought and flow of divine speech.

CARE not for the howl of the rabble, as
they are but hungry wolves whose appe-
tite is appeasable only through sensation and
scandal.

MAN may change in ideas and opinions,
still his Thought remains ever the same,
the Thought conscious of God and Self; the
unconscious has no thought of his own.

IF the Salvation of mankind depends upon
the few "in authority to dispense it" and
yet all souls must be saved unto the last, we
may as well join the chorus behind the altar
saying: "how long, oh Lord, how long!"

HINTS OF THE SEASON

JUNE—the month of rainbow colors in garden, field, wildwoods, hills, canyons and mountain side.

ALSO the month of pollen and dust irritative to sensitive membranes of catarrhals, calling out hay-fever.

TOUCH up nostrils with salted brandy every three hours. At the slightest provocation touch up nostrils with alum. Clothe lightly. Walk barefoot for an hour daily, especially right after a sponge bath in the morning. Eat no small fruits.

WHEN given to catarrh or hayfever, it is best to take several dips in a running stream, every day, just before sunrise, and for the period of five weeks. After the dip run barefoot for half an hour. Eat three hours or later after the dip. Use vegetables freely. Avoid drinks, unless it be buttermilk, lemon-milk or clabber.

NO matter what it is, nor how good it is, be moderate and do not overdo a good thing, lest it will lose the medicinal charm, and should food lose its virtue, what will we use?

NEW potatoes and clabber will be found wholesome and cooling. Potatoes must not be pealed. Should be steamed with a little fennel, dill or carraway seeds. Eating English muffins with clabber, it is well to use a dash of nutmeg with the latter.

CLABBER, to be of medicinal value, should be kept cool, but not in an ice-box. It must not be kept in the same place with vegetables, fruits or prepared foods.

WISE is he who observes the seasons and partakes of green herbs for the first meal of the day. As these greens develop into lettuce, spinage, kale, summer cabbage, squash and melons, they will do for the second meal of the day. In that case our breakfast wants are appeased with the juice of small fruits, as strawberries, loganberries, raspberries, blueberries, huckleberries, thimbleberries, gooseberries, with an occasional treat of cactus fruit. Tubers are best for the last meal of the day. Corn, peas, stringbeans and cereals, including bread, should be served with the last meal of the day during spring summer and autumn.

HOT tea of diverse kinds are in order; but not with meals, neither immediately after meals. Should be used with lemon.

"MAZDAZNAN"
SHALL THE PASSWORD BE

YES, Mazdaznan is the Password! Through and by virtue of Mazdaznan we learn to follow up, step by step, and round upon round, the golden ladder of Progress, which to destroy has been the aim of the adversary, that the connecting link of racial relation may become as indistinct as the progress in evolution. But in as much as in the efforts made in the investigation on evolutionary lines the truth of successive developments is being laid bare, even so the unfoldment of the spirit through racial developments is being made plain. Mazdaznan does not claim anything for the White race except the "Endowment of Realization", all other attributes having come to us through the anthropological operations. Not considering the baser attributes which characterize the Black, Brown and Olive races, we become spell-bound at the philosophic accomplishments of the Dusk race, and we are compelled to admit that of loftiness in theory there is nothing more left for the mind to do, but sift out what will seem most conducive to the spirit of our time, following the example of a Moses, who simmers down the laws of a Hamurapi, blending them most happily with his Egyptian learning, and remember the masterstroke of a Confucius, who "boiled down" the thousands of volumes in

literary achievements to a few canonical books.

The Dusk race possesses the patent right upon everything that appertains to the philosophic trend of Thought. Here the very extremes meet until a reaction brings forth the Yellow. What the Dusk race gains in spiritualizing matter even beyond heaven, the Yellow race succeeds in materializing heaven, by carrying it into the midst of human society, declaring: "Heaven loves the people."

While the Dusk race loses itself in metamorphic delusions, eventually denying every phase in the material world to the extent of denying the most common relation, the Yellow race seeks justification in following the golden rule of Moral Precepts, part of which the White race inherited in addition to the happy mood of philosophic wanderings, which prompts man's Higher Nature ever to seek the Author unto all phenomena.

Man will not find the Source, neither will he gain the Goal, unless he first learns to know of the tie that binds our hearts in Royal blood, and begins to appreciate the fellowship of kindred minds, minds that are equal with God, imbued with the Thought of Jesus and remain determined to give honor to whomsoever honor be due.

As a White race we are destined to be "individual collectivists." As such we need to become conscious of our limitlessness in endowments and possibilities.

NOT IN VAIN

THERE is no loss, everything is gain. This composite form of ours is simply an additional process to the rest of evolutionary efforts in perfecting the elements for the use of higher and more refined ends. The cell-expansion or formation surely does not end in the animal or man. Yet, while in the evolutionary process all the refining of matter is being conducted by individual specific intelligences aiming toward collective crystallization, the once attained collective form aims toward specialization, to which end physical as well as mental efforts are used and the twofold nature of man trained unto the polarization of being.

It matters not as to the form or method of exercise the mind or body engages in, since fate and destiny have to play their parts where there is a lack of consciousness of purpose. Every move on the part of the body or mind made, whether attended by results or not, goes toward the refining of the elements, increasing the possibilities of immortality in another state or form.

True, often we drop off from this stage of life, long before we are called to fill our engagement, or just at the moment we are ready to reap laurels of fame or fortune, or long before we realize what it means to take up a part in life, still it matters not whether our talents have come into use or not; the very

fact that we have trained ourselves suffices to assure us of a future state. Should there be no other reward in a future state, we should be pleased of having been the means and instrumental in perfecting the elements and with it filled a necessary part in this great stupendous work of creation. Because we are not so situated as to always make the best of all we have or possess, need not trouble us, as long as we do our part when our turn comes or we are called. Some of us are being encored, as it were, and that oftentimes delays the performance of another's act, sometimes so much so that an act here and there has to be "cut out." But we should never question, and instead, take it all in good grace, if we are to be spared unwholesome "frets and stews."

There are millions of noble souls who are never as much as called upon to speak a little piece, although their part has been well learnt. They are simply held in reserve, and although never heard from, they have filled an important place in reclaiming elements that may become an adornment to the manifestation of nobility, and thus a mite has been added unto the path that leads to perfection and higher attainments.

In the world of manifestation or matter the aim is immortality. Not necessarily upon this plain, for even matter has not begun here and now.

MADDENED AND INFURIATED

IF there is anything that can madden authorities and infuriate the mob, is to discover individuals who can not be influenced by any gain or forced into cowardice by fear. Pharisees and Saducees alike marvelled at the strength of character in Jesus, that the latter commanded His followers to pattern after. But admiration also turned into hatred as church and state both hoped to come into possessing Him and with it His talents. But Jesus would not be bought, even after a session of forty days and forty nights in the midst of strong arguments and alluring temptations. Even the crown he would refuse, if such a gift was to sacrifice his individuality and a party was to claim Him whose purpose and selfish ends he was to serve. Rather break stones for the construction of the King's Highway than to proffer the god-given gifts to self-aggrandizement.

Still we shall offer the lame theological excuse that such was only possible for Jesus. He being the Son of God; wee, little bit of wormcoiled mortals are never expected to be like unto Him until we are gone, in the meanwhile, of course, gladly paying a thousand dollars to possess the honor of "high degree", and with still greater "humiliation" pay ten-thousand to Rome for the "red cap" that we may have power to do as the Romans do.

But Jesus commanded that we not only follow in His footsteps, but reminded us, saying, "wherefore be ye perfect, like your Father in Heaven is perfect," and in the meanwhile giving us his blessing, assuring, "even greater things than these ye shall do." Poor excuses are better than none, it is said, but it is equally as true, that idiots are ever ready to excuse their blunders.

Jesus would not be bought. He stood for Principle and not a school. If the church is too narrow for individualism He will declare himself in public; if the state is too bigotted to appreciate altruistic efforts He will teach the outcasts true government that they may govern themselves. But Jesus would not be bought. For this all of Juda hated him. All manners of evil had to be laid at his feet. He was decried as a wine-biber, and harboring gamblers, inn-keepers; they claimed He left adulterers go unpunished, while he would engage in charlatanry and fakirism aided by Beelzebub; witnesses testified to the breaking of all Federal laws, even to the extent of conspiracy and treason; while others insinuated about relations with Mary and Martha; Salome and Iphi, both sued for breach of promise; and many more had graver charges against Him than against Jesus Barrabas, the Oscar of the Highways of Syria. And those who never knew or heard the Man maligned Him just to keep in touch with the demoniacal spirit of slander, and yet a Roman procurator,

a heathen, who would not "go-to-church-on-sunday," a Pontius Pilate, declared: "I find no fault with that man. *Ecce homo!*"

But Jesus would not be bought! It cost Him gain and honor in His generation, while multitudes cursed Him; still there were one hundred and twenty of Arimæic descent in the city of Jerusalem "who believed in Him" and His divine mission, and with them 144,000 scattered over the provinces of the earth, who realized the importance of their mission in reclaiming the earth.

Should it be impossible to follow in the footsteps of Jesus, impossible to build character as He has done, beyond us to take up the work where He left off—then the Coming of Christ is a shameful fiasco. Then you and I have labored under an illusion, believing in the possibility of moulding after a pattern. Then all the agony and bloody sweat of a Savior are naught, and you and I are lost in the attempt to follow him, since theologically speaking, we are miserable sinners while on earth, with a faint hope of a crown in the "Hereafter," although the Savior taught us to say:

"Thy Kingdom come;
Thy will be done on Earth as it is in
Heaven."

ALL EYES ARE UPON YOU, OH LORD!

SUCH was the call in the Old Thought, while today all eyes are upon Mazdaznan, the incarnation of the Will of the Lord, whose only Law is Holiness. Mazdaznan and no other name under heaven carries such two-edged sharpness determining rise or fall. Some find Grace, others seek and receive condemnation. Mazdaznan does not come to judge anybody or anything. Mazdaznan is the Mirror of the Almighty, reflecting the object in front of it according to the stand taken. He who views Mazdaznan with a veil of superstition upon his face, will pass on in his ignorance; he who scrutinizes Mazdaznan with a pair of spectacles, lapidated by authority, will see through a glass dimly and may make a fool of his wisdom; but many there are who shall see with their eyes the Pearl of Great Price reflecting the many-colored Rainbow of Peace.

All eyes are upon Mazdaznan. Like a flash it charges man's heart either galvanically unto health or it electrifies every fibre of being in those who are too ignorant to regulate the current of Divine Thought. Still, there are thousands who have learnt to know the value of Freedom of Thought, and endowed with the happy mien of an individual mind, discover in Mazdaznan the Password which will pass them from earth to heaven.

GRAVE QUESTIONS

“My Son, twenty-two years of age, not interested in this Thought, passed from this life, after having completed his course in the University, graduating with high honor. Of what profit is to him all the learning which is applicable to this earth only.”

The Blessed Ainyahita says, “there is no loss—everything is gain.” The entity of the young man has flown from this sphere of action by reason of planetary laws which claim matter. Matter continues to evolve even after the cellular aggregations have become exhausted in the creative sense. The purpose and end of Creation lie in the spiritualization and immortalization of matter. All our mental training, all our psychic accomplishments and all our spiritual achievements in the flesh go toward the refining of matter, preparing the latter for channels conducive to higher creation. The process of dissolution induced through disintegration is being modified from generation to generation, and until the state hoped for has been reached when matter disintegrates no longer but merely transforms according to wish and will. All our lessons of life tend toward reclamation. As long as manifestation contains the stain of subjection just so long will the Laws of the Universe assert themselves, as is visible throughout all of the objective worlds. The talents of this young man went toward the refining of phy-

sical cells. His mind was thus absorbed in momentary sensation and the pleasures awaiting the application of learning. As soon as the turning point of theory toward praxis was reached, all the means for furtherance were exhausted, the cellular side refined to a point, the entity felt incapable to adjust itself thereto, and consequently rapid dissolution took place to take up the finer substances in a realm more congenial. Sickness, accidents, sorrows, troubles, trials, heartaches, tribulations, pangs of poverty and many other phases are, too, for the purpose of refining matter, preparing same for higher ends.

“A friend of mine, with all the world’s prospects before her, filled with faith and trusting in the Lord, declared before passing into devachanic realms, that she welcomed her departure, although young in terrestrial years, because the selfish tendencies that held her to mother, brothers and relatives continued, even after she had given up all that was sacred to her, leaving no hope of Peace, except to run away into foreign lands or to enter heaven. Tuberculosis set in to claim her.”

That is a sad case for many reasons and reflects upon her relatives to the extent of revenge upon the latter by all the kharmic laws. She is free, even to the extent of sacrifice through martyrdom. Thousands upon thousands go that way annually. All her relatives not only suffer the loss but must right the

crime. The words of Jesus are applicable to such a case, saying: "Do not cry over me; cry over yourself and your children." And, "verily, thou shalt not escape torment until thou hast paid the last farthing." Many parents though prefer the death of their children to leaving home or change of heart, mind or methods of living. They would rather work into the hands of the adversary than to know their children before the shrine of the Goddess of Liberty. Ofttime it is well-meant by parents to object to their children getting away from beaten paths, but it may prove a case of misapplication. Much misery is brought upon parents and children, where either of them are shallow-minded, dogmatic or selfish. The way of Abraham is the better: "Leave thy friendship and go to the land I shall show thee."

MANY WAYS TO BE GOOD

As to the quality of man or the character of man some are *born* that way, others are *raised* that way and others are *made* that way through circumstances. A man born good cannot help himself but be good.

ONE who was reared or raised good enjoys his good breeding as long as his environments conform to the standard of his education.

ONE who has been *made* good through conditions will remain good as long as he has to.

WE are not alone to be good but strive to become the better of the best, leaving behind all the rest.

SELECTION OF EATS FOR HEALTH

To gain speedy and lasting results assuring health of body and mind, it is well to observe the command in Genesis and to consider "not what enters the mouth defileth the body but what (stench) issues forth from it." Make it a rule to LIVE IN ACCORDANCE TO THE SEASONS.

Eat the Products of your Climate and use imported Fruits and Vegetables only with the first meal of the day. Let your daily Menu be as follows:

BREAKFAST (about 3 hours after rising): Two or more kinds of fresh Fruits or fresh Fruit juices. Tropical Fruits in addition to Domestic Fruits may be used. Use with Fruits any kind of Rolled Cereals, of course uncooked, which may be taken with sweet cream. Drip Coffee permitted. (Salt may be used with Fruits but no sugar.)

Lunch: A Salad of two or more Vegetables, with Mayonnaise-, French- or Nut-Dressing. Slice or two of Dry Toast. Light Cocoa or Hot Milk permitted.

Dinner (not later than 6 p. m.): Dish of Foreign Salad Stuffs; Combination Dish or Vegetable Stew; Baked Tubers; Moss Pudding; Yeast-free Rolls, Gems or Biscuits. Uncolored Teas permitted.

It should be a Rule, to use for Breakfast and Lunch **RAW FOODS ONLY**. For Dinner the first dish must consist of raw vegetables; the second a steamed dish; the third a baked; the fourth a flavored dish.

THE HEALTHY should eat at least 60 percent of Domestic Products, and may use 40 percent of Tropical Products, according to Temperament.

THE INVALID should subsist on 60 percent Tropical Products and only 40 percent Domestic Products, the

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latter consisting of Cereals, gruels and fresh sweet milk. Feed a Patient lightly every 3 hours. Every night, before retiring, take one to two teaspoonfuls of Russian Paraffine Oil.

FAST—Every person should FAST for one day, or one day and night, out of every seven. If nervous, depressed or sick, FAST. A mean child needs a FAST. If you don't know what ails you just have two slices of hot Toast and two cloves of Garlic rubbed on it, a cup of tea, and retire.

MAZDAZNAN YIMA EXERCISE

First adjust the position of the body in a manner assuring ease. Throw your chest out and up. Hold muscles of the chest tight and relax the rest of the body. Keep the tongue relaxed and confined to the lower part of the mouth, or roll it up close against the palate, taking care never to tense the facial muscles. **EMPTY YOUR LUNGS** slowly, thoroughly, and until it seems impossible to **BREATHE OUT** any more. That moment reached, **ARREST** all action for **TEN SECONDS** or more. Then **INHALE** slowly, filling the lungs to their utmost capacity. **IMMEDIATELY** after the inhalation, **EMPTY THE LUNGS** slowly as before, and go through the ordeal at least three times and not more than five times in succession, repeating the exercise, if needs be an hour later, and whenever physically discomforted.

The Prayer Formula "Restoration" used during the Exhalation, and as an Exercise repeated 3 to 5 times a day, will show marked improvement in the circulation within 9 days; in 33 days eradicate chronic indigestion; in 49 days checks tubercula; in 60 days nervous diseases; in 90 days infections and cancers, following proper diet.

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MAZDAZNAN AIRYAMA EXERCISE

First adjust the body. Throw out chest and don't move a muscle; draw in your abdomen tightly. Whether in- or ex-haling, keep chest expanded. Empty the lungs. Now INHALE slowly and fully; always inhaling a little more, until further inhalation becomes impossible. That point reached: HOLD THE BREATH, and hold it for at least ten seconds—the longer the better. Having arrested breathing for the longest time possible, EXHALE WITH EASE to the utmost. Now inhale, arrest action, and exhale as before, and continue to do so for 3 to 5 minutes at a time and from 3 to 5 times a day, or whenever mentally and spiritually distressed.

The Prayer Formula "Realization" used during the INHALATION and followed religiously, will stimulate heart and mind, inducing repose; removes melancholia: dispels evil omen. Exercised mornings and evenings, brings good fortune; success; heals the heart; removes fear, planetary influences, witchcraft; unfolds talents, etc. Only when in possession of a card permission is given to use these Exercises. All Rights Reserved by the World's M. T. A. O. A. O. G.

The world does not admit a Master mind, as living Gem.

Such thought must needs be framed around with
ancient pen;

It could not grasp a Master here 'mongst men;

They would revile the thought, if it were given them.

Christine Hall-Smith.

THE PALMS

“HOSIANNAH, PRINCE OF PEACE!
COME HIS PEOPLE TO RELEASE!”

Early in April “The Northern Stronghold” were honored by a visit from the Master. An impromptu meeting was quickly arranged for, one or two hours after His arrival. The few short days of His stay were crowded with Services, Meetings, Addresses and Interviews! Truly, much was accomplished and many were the hearts made glad!

Several Festivities of a particularly happy nature took place; chief among which was the “Solemnization” of Brother Stewart and Sister Pettipiece; and the renewing of the “Nuptial Tie” between Brother and Sister Elliott. Many were the special Blessings and Gifts showered upon them: this being the first occasion that these beautiful and Holy Mazdaznan Rites were performed in the Dominion of Canada. As the “Associates of the North”, have a great and proper concept of the Destiny and Part, to be played in the Work of Emancipation, by their wonderful Country, such *initial* Ceremonies are to them, and in fact to all the ‘Family’ wherever situated, of inestimable value from an Historic or Record point of view. At this same Service many received the “Cord—that binds in Royal Blood, the ties of Relationship between Infinite Mazda and His Witnesses on Earth unto that Fellowship Divine.”

As always, our Master was at His best. Truly is He the perfect illustration of His ever joyful Salutation: “Be Happy and of Good Cheer;” and the plain man’s definition of Mazdaznan: “Always look and do your best.” At every “Talk” new and sublime Truths,
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revived from the Old, were so explicitly and simply expounded, that each listening heart was filled with a greater Realization and Determination. Even the "stranger" within the gates", was not forgotten; being spoken to "on their own plane"; so that if ready and willing to follow the dictates of their 'inner voice', they would ever be reminded how to use their talents.

The ancient significance of the Lenten Season was explained in such a manner that only the "slave of habit" could be so dense as not to at once "arise and return to his Father", following the instructional rules of restoration and rejuvenation, which have ever proved beneficial since time immemorial. As was conclusively shown, only when the intelligent mind learns that the meaning of "Salvation" (from Salva, to heal) is Wholeness or Holiness, do they awaken to the truth that thru purity of the body alone can the spirit reveal its intelligence and vibrate in harmony with God. Jesus said: "Follow me, (do as I do) for I point the Way; and only those who *know* me, (are of the same mind), can be saved, (healed from their wounds) and find again the Kingdom of Heaven."

The four principal means of attainment, "Breath, Diet, Prayer and Concentration", were repeatedly referred to and emphasized, pointing to "Self-mastery", through the power of the "Individual Breath"; in contradistinction to the "Mother-Breath" of the Earth-bound, lost in the illusion and phenomena. That Mazdaznan is not only the "Path", but the "End and the All"; and that this is the honest conviction and certainty of those who live the Life, faithfully testing its complete and perfect System, was again and again exemplified by many unasked for testimonies. "To know

the thing in itself", as Schopenhauer would say, is of Mazdaznan alone. What else is worth while? How vainly has "Science" struggled to reach this goal: to pierce the gloom that hides the power behind Creation and Evolution, and to know what is the origin, what is, and what sustains, Life! Yet Moses, the Son-in-law and student of Jethro, the Priest or Prince of Midian ("Sun-worshippers") sums it all up in two words, "God spake"—or "Breathed!" This realization of the Power of Breath has recently been forced upon "Science", by the discovery that the Earth breathes, causing through its contraction and expansion, every six hours, the "Tides"; thus altering the theory of Lunar influence. To those who read the Scriptures aright, the truth that everything *breathes* or vibrates is thoroughly understood. To Mazdaznan there are no secrets in Nature. It is as an "open book", ready to reveal its *all* to those who seek to learn; for "Breath is Life!"

On Palm Sunday, two most beautiful Services, were held. The Temple-Altar and Sanctuary was appropriately decorated with Jerusalem Palm-leaves, potted plants and flowers. Every Worshiper was also supplied with a Palm, by which all were reminded of that glorious and triumphant Sabbath Morn of nearly two thousand years ago, when the Blessed Christ entered the Holy City, acclaimed by the multitudes as "Hosiannah, Prince of Peace!" With a wealth of detail, our Master described, as He only can, this Great Event; telling how the night before, Jesus and His Disciples, had pitched their tents outside the City walls, far up on the mountain-side and that, though greatly against His friends' wishes, who feared His assassination, He was determined to proclaim to the people their individual

liberty and freedom, by throwing off the heavy yoke of oppression, superstition, ignorance and priest-craft, by announcing in person, in a manner never to be forgotten, the "New Order of Things", to be gained thru the Chrytos Movement.

With vivid word and pictorial concept, the oft-thought of Palm Sunday of our Lord, was visualized and made real, before us. "Early in the morning we could see the Procession, ever increasing in numbers, with Jesus seated on the 'beast of degradation', a donkey—thus proving His humility—wending its way towards the City over which He had wept; and whose doom He had foretold. Through the Gates we followed Him. The crowds comprised all nationalities—Persians, Greeks, Romans, Egyptians, Jews, etc.—robed in every imaginable colored garment and style; decked in their best and most gorgeous apparel; bejewelled with their richest ornaments and gems; waving and bestrewing palm-leaves and flowers, even their coats, before Him, in token of their adoration and submission, all shouting and singing: "Hosiannah Prince of Peace", to the self-same music that our own voices sang, made the Scene live again! Jerusalem, the City Beautiful, the City of Flowers and Architectural Adornment, the Commercial Metropolis of the World, the Meeting-place of Merchants and Traders, in festive array, for it was the time of the Feast, filled to overflowing, with transients and In-transients, had awakened; stirred to her very being, by Him, whose fame and teachings, whose science and healing, were the talk of His day. Not only was He the intimate friend of Cornelius, Brother of the Emperor of Rome, but was He not a member of the Sanhedrim and Chief of the Great Order of Naza-

rites? This was the thought of the people. Who else so worthy, so capable, to establish a new Rule and Government? Perchance, He would indeed be their King and Deliverer! No wonder, the streets were impassable, and that the echo of "Hosiannah" was heard that lovely morning, in every home and heart, within and without the Walls; resounding into the surrounding towns and villages, eventually into every Land, even through the Centuries, down to our own Time.

So spontaneous, so unexpected, so extraordinary, was the Demonstration, that even the Priests, notwithstanding their system of espionage, were taken by storm! They felt their long-accumulated and evil paternalism was being swept away. Immediate and counter action, they knew, was imperative, if their position and ill-gotten wealth, was to be retained. With fear and malice, they and their emissaries, hastened from door to door, denouncing and deriding, even threatening, with bodily, spiritual and political chastisement, those who continued to acclaim Him, Christ!

As the Blessed Master had refused any earthly crown, saying in His "Triumph", that "His Kingdom was not of this Earth", but the Thought of Perfection—Individual Emancipation—and as in that day, "Immortality" was scarcely known to the Masses (the Church, purposely keeping them in ignorance), they were bewildered! To disobey the commands of the supreme governing Body, in whose authority even their lives were not safe (Church-Law permitting death by stoning for trivial sacerdotal violations, easily "trumped up") much less their property and personal enjoyments, which could be confiscated and penalized without practically any recourse, was too much to expect from those

who allowed themselves to be down trodden, and were without minds of their own. It was therefore not amazing that by sunset the tide of popular feeling had turned, and the pall of obsession again embittered their hearts. He, whom they had worshiped in the morning sunlight as their Savior, was in the Shadow of Darkness by the Fall of Night, rejected and despised as a possible cause of sorrow.

To the Twelve, the faithful Greeks, whose Platonism He taught, and the noble Persians, to whose Thought He belonged; the results of the Day were most disappointing! But to Him all was Peace! Notwithstanding their efforts the influence of the Priesthood was overwhelming. Dispair was in the hearts of those who loved Him; only the one hundred and twenty Persians, the "Men in White"—Covenanters—were determined that the Movement then begun must Triumph; come what might; no matter how long it took! Thus to them their support, co-operation and combined wealth, fearlessly given, is largely due true Christianity which to-day as always is ever Victorious!

The Assembly of the Christ, surrounded by His special Followers, in the Upper Room, over the North Gate, discussing the events of the Day; each according to disposition fore-casting the Nature of the Great Work, to which they had dedicated themselves; the Communion of Bread and Wine and the Blessings of the Master, are visions which are very realistic to those who in spirit feel themselves united with Him.

At morning and evening Services our Master asked that those who desired, would cast before the Altar a palm leaf, accompanied with a wish, which collectively ribboned, were placed before the Most High, to remain

in His Presence until Palm Sunday 1915; and according to the Desire of each Heart will the promise be fulfilled! With a Procession and the Singing of "Hosiannah Prince of Peace", a most wonderful Palm Sunday was brought to a close.

A word as to the Banquet given by Mother Adelia and Daddy Hooper in honor and on the eve of the Master's departure must suffice. Only those who know the Royal Hospitality of the Leaders of the "Stronghold of Mazda", of the Royal City, dedicated in 1642 as the "New Kingdom of God on Earth", can appreciate how excellent was the Menu; how bountiful the Good Cheer provided. Perfect harmony reigned! The food so lovingly prepared, with wine of rare but unfermented vintage, completed a "Communion Supper", in accord with the highest 'Family' traditions. The joy and happiness of being together was increased a thousand fold by the illuminating Talk of our Master. In perfect diction, in inimitable and effortless speech, He spoke the simple common-sense Message of Mazda, proving the Mastery of Knowledge, the Supremity of Wisdom, the Absolute Self-possession, no matter what the circumstances, the Totality of Power, of Him who having overcome, desireth only that all those who are of similar Mind may know, now and always, that

"God is Love!" "Perfect is that Perfect does!" "We are Conquerors here!" — Well may Mazdaznan say:

"Awake, Jerusalem! Let the Prince of Salem in!"

—Guromano.

OCCULTISM

So-called "occultists" remind one of the unripe fruit of the tree of recognition, since the measures they employ to wrest from nature her secrets, are often weird, unnatural and oftentimes criminal. How base, ridiculous and unwholesome are their darksome ways of magic. Jesus said, "Walk in the Light, that ye may be the Children of Light." Even the pine tree has advanced beyond such a position, manifesting absolute individuality and freedom, therefore respecting the freedom and independence of others. How different are the teachings of Mazdaznan! There we are taught the supreme object of life is to become conversant with the laws of the same, that through such knowledge man may again establish his right position with God, man and nature. Mazdaznan teaches man *how to live*, that he may become harmonious with nature controlling conditions and environments through obedience to natures' laws. Why should man soar away after the obscure into cloud realms of uncertainty, when he has not yet proved his ability to cope with most trivial conditions of his immediate surroundings. Mazdaznan holds that however fascinating a study may be, if the knowledge of the same cannot be applied to our every day life, then it is impracticable. Life is vibrant with everything needful to make this existence good and beautiful. Why not take freely of that which is all about us? Why not breathe forth the light, love and joy of the heart, which alone can convince those about us, that we are in possession of the treasures of the "Kingdom of Heaven." Jesus was indeed a Mazdaznan; and He said, "Seek first the

Kingdom of Heaven which is *within* you." Man is endowed by the Creator with every blessing, whether of heaven or of earth, yet he prefers to delve into some mysterious unknown realm, of so-called "occultism", when God has imparted all this and more as a gift.

The wrong use of these hidden powers and forces bring destruction and condemnation, for it is in direct violation to all the sacred laws of God, man and nature.

Mazdaznan alone reveals the way unto perfect unfoldment and "declares the key unto Wisdom lies in the Power of Breath obtained through diligent and religious practices of rhythmic Prayers and Songs *on the breath*, and the application of a scientific Faith."

Jan Boshek.

Klatory, Bohemia, Austria.

EVAN HOLCOMB

The onrush of time impresses us with grim realities. The passing of a familiar face, that of Evan Holcomb, lingers in our memory—a strange mingling of discordant thoughts. The nicer things that might have been are tarnished by the iron hand of fate, as one more friend has left us for that hazy far beyond.

The life of Evan, though short in years, must be interminable in example. The stoic smile that fought the ravages of disease must needs impress us with the triviality of things we find so hard to bear. Our lives when dark should bear the ills so lightly placed with gladness, when we but reflect. To smile defiant at the whip of goaded fate is manhood in a way far past our power to conceive. The super-man that none have yet described, the puzzling strength of manner, strangely his, will ever live in memories dear to those who knew him as their friend.

May the soul of man rise through his human environments out of the silence of his own nature into the consciousness of his true relation to the Infinite Life and—"Be remembered by what he has done."

His Mother Eva.

Denver, Colo.

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CHRIST, BUDDHA, MOHAMMED

TO RELIGIOUS THINKERS! TO THINKERS RELIGIOUS!

Germany extends from fifty-fifth to forty-eighth degree North Latitude.

Palestine extends from thirty-third to thirty-first degree North Latitude.

Arabia extends from thirtieth to twelfth degree North Latitude.

The Indies extend from thirty-fifth to sixth degree North Latitude.

The three greatest founders of religion were children of the tropical sun, their native countries being situated southerly from the thirtieth degree. As children of the sun, with the consequent absence of wants and the ever-present care of their fellow men, it is quite natural that they recognized happiness and the wisdom of life. The religion of Christ, Buddha, Mohammed are products of the sun-influence, it is inseparable from the climate. The true Christian, or true adherer to Buddha and Mohammed can only live in the tropics with its absence of want. Where heaven and sun gives men everything, there man can give to man everything. Moving away from the equator compels men to care for themselves—makes them selfish and unreligious. Therefore, no universal mission without the principal and most important condition for all missionary work, without call for the return into the home of true Christianity, Buddhism and Mohammedism, into the eternally laughing and fruit-giving home of the sun, the tropical zone.

If the Christian religion wants to produce Christians of the deed instead of theoretical Christians, with more

success than heretofore, it will first have to convert its self to thus: "Back to the life-giving sun, flee from the reign of winter and night. The tropics give everything without your effort, only here can originate the kingdom of Christ, the kingdom which is not of this world."

—*Naturopath.*

FOR INFORMATION

The Mazdaznan Supply House has been moved to Los Angeles, California, the Land of Sunshine. The management is in the hands of Bruno Groeschke. Many other lines of goods have been added to the stock so that anything in the line of Health Foods, Remedies, Tinctures, Extracts, Herbs, Oils, etc., can be ordered direct. At this season we should all be supplied with

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MAZDA MINE!

My life to Thy blest service, Mazda mine!
I will most freely give, O Spirit, Great Divine!
Before thine altar, I do humbly lay it down.
Not much I own,
But all I have to give—my life—'tis Thine!
Take it and use it as Thou deemest best.
Thy way, not mine, shall be my future quest;
And whither Thou dost lead I know 'tis best to go.
Cast Thou the light of understanding on the path,
That I may see its rays ungarnished, certain clear,
And by it, steer my way to Thee, beyond the magnetic
sphere,
Whose circles radiate in dazzling light around the soul,
Piercing the transient crust of outward things
Unto the firm foundation of reality where spirit clings.
To Thee alone I go, for Thou canst tell me all.
Thou art the conscious radiance supreme,
From which a thousand rays reflect their passing gleam.
But 'tis not enough to catch a single gleam,
I must have something more than that, so I press
Within the golden rings, which focus nearest Thee;
And kneel low before the sovereign power
Of Thine incomprehensible Divinity.

—Christine Hall-Smith.

SERMONETTES

ALTHOUGH long the path and dreary—
don't grow weary.

THERE is Wisdom in words; Sermons in
running brooks, and Truth in rocks and
in everything.

A WORD of good cheer goes farther to
brighten one's pathway than ill-gotten
praise.

HE WHO has nothing to lose, has nothing
to gain, be it in the worldly sense, be
it in the celestial domain.

SEEING wrongs in others, reveals the
wrongs in us; be gentle to your brothers
and get rid of filthy dross.

SILENT contempt is by far more effective
than a thousand arguments; ignore opin-
ions and notions; live the New Testament.

WHEN envy fills the heart and breast of
those about thee, be at rest; they have
discovered, to their sorrow, that thou art bet-
ter than all the rest.

WE CANNOT sow the seed whenever we will, neither can we kindle the Light Divine until the season of recognition rises.

BE STILL and know that I am—God, who guides His own through realms of Thought, revealing untold treasures, free from setting measures.

A NOBLE thought and noble mind comes into realms of humankind disclosing God's own presence.

INASMUCH as the minds of the fathers live in the minds of the children, even so all minds, past, present and future continue to crystalize unto every heart, ready to reveal their richness of intelligence in accordance to the promptings of the spirit of the times.

WITH IGNORANCE even Gods wrestle in vain, no wonder humanity has to bear the guilty stain with no one to remove it.

A STORM is always followed by a shower; on terra firma in the form of a quickening rain; to the Saints of God in the form of heavenly blessings, calling forth the fruit of the spirit.

HINTS OF THE SEASON

AUGUST, the month of August weather; hard on the catarrhal man, and all suffering from hay fever.

LAST CHANCE to take advantage of Nature's own means unto restoration of good health. Cold showers and dips in running streams at half past four o'clock in the morning still in order. Miss not the chance of mud baths, fresh hay rolls, sand showers and an occasional sunbath; while playing tennis, croquet, at early morn in bare feet all scientific bacilli shall defeat; besides we shall not only our religious scruples satisfy, but keeping up with the world's hobby, their own "malicious animal magnetism" defy.

THERE is no need to go hungry now that the season is at its height, lavishing vegetables in abundance and fruits of all kinds to the delight of the trained eye and a refined taste.

SWEET CORN, properly roasted, alternated with fresh corn, not only improves digestion, but aiding assimilation, will cure constipation, all else being equal, within six weeks. Ground fresh corn, strained and mixed with sweet cream, used as an entree to every meal improves the complexion.

MILK has lost its virtue, unless shaken,
modified with lemon or fruit juices.

PEACHES and Apples eaten during August
enrich the blood, assuring a pink complexion, besides toning up the general constitution to the extent of building up nerves.

NOW IS the time to use white grapes in
all forms of diseases resulting from uric acid. A wineglassful of the fresh juice should be used every three hours, increasing the dose gradually to a tumblerful. To avoid distastefulness use one teaspoonful of freshly ground whole wheat.

GRAPEFRUIT and Valencias are in season
to those who suffer from a torpid or a swollen liver.

USE garden sage with your salads if given
to malnutrition, wild sage if to spleen troubles, horehound in throat affectations, and mint where digestion needs coaxing.

FOLLOW the Mazdaznan Golden Rule of
Dietetics: Eat only when hungry; do not drink with meals unless it be fruit or vegetable juices, and let your food consist of sixty to seventy percent of domestic products and thirty to forty percent of other climes.

NATURE WORSHIP

To Thee, O Lord, from whom all blessings proceed, and who dispensest them with a liberal hand, to Thee alone belongs glory, honor, praise, and thanksgiving. Thou hearest the cry of the raven, and delighteth in the song of the Lark. Condescend then to listen to my humble song, that my praise may be pleasing to Thee!

All the creatures of the earth display Thy wisdom, portraying Thy goodness from one end of the earth to the other. Even the tiny blades of grass proclaim Thy Majesty.

With the tenderness of a Father, Thou providest for the needs of man and beast. Daily Thy blessings fall in continuous showers upon one and all. Even the wicked taste of Thy goodness. Who is like unto Thee, O God?

Teach me, O Lord, to live in harmony with Thee, that my life may be a worthy tribute unto Thy glory! Thou art the Creator of the Heavens and the Earth! All Nature abounds with Thy blessings of Superabundance. Thy wisdom formed the seeds and endowed them with the intelligence, each to bring forth in accordance to its kind, an abundant harvest. Thou fertilizeth the bosom of thine Earth; Thou watereth the rich furrows of the field; Thou adornest the meadows, the valleys, the plains, the flowers, trees and herbage; Thou causeth the dew to revive the gardens and fields

with fertility in abundance! Thou sendest the rain through Thy gracious showers to water the Earth. Thou shedest the light of the sun's radiance to warm the cold damp places, and Thou appointeth the tides and seasons that they may be advantageous to mankind.

Amid sunshine and heat, clouds and rain, Thou bringeth forth the harvests of wondrous growth and fullness, covering the fields with rich and abundant crops. The wings of the wind support the waving grain; Thou adornest the hidden rocks with trailing vines bearing luscious grapes; Thou bedeckest the pastures with fragrant clover; at Thy¹ command the brooks and the rivers refresh the dry lands and water the thirsty creatures.

Thou causest the trees to take root, grow and prosper and makest possible the life-giving sap to circulate thru stem, branch and trunk, imparting power to shoot forth buds, leaves and blossoms, producing abundant fruit, all which proves how Thou delighteth to do good.

Great is the Lord our God and all his works are Holy and Marvelous. O come and give Glory to our Creator and Benefactor! Bless His name forever. The Lord is good and we shall celebrate His bounty with transports of joy. Condescend, O Lord, to receive our humble praise, since Thou alone hast inspired it; give grace, and power to put into daily practice the noble resolutions that continue to rise up from the heart! Amen!

THE EIGHTEENTH SEMI-ANNUAL GAHANBAR

IT HAS become proverbial that "age carries improvement." This is particularly true of Gahanbars. Such festivities are looked forward to by all the Saints of God with the greatest anticipation, as upon occasions of such a renowned nature the storehouse of incomparable knowledge is opened wide for the Elect to help themselves to the extent most expedient to the furtherance of one another's desires.

Upon the evening of Tuesday, June 30, 1914, the Gahanbar formerly opened its program in the spacious Mazdaznan Temple Spenta Maria, located in Lowell, Massachusetts. There were delegates from the various Eastern states, the South, the West, the North, even the Dominion of Canada, the countries of Europe and Africa; some of the delegates were en route to the International Peace Gahanbar convening at Zurich, Switzerland, Ambassador David Ammann presiding, who, as will be remembered, was expelled from the petite kingdom Saxony upon the ground that "as an American citizen he had no right to reside in Saxony" and who furthermore was forbidden to deliver a lecture on "The Coming Race and Racial Hygiene" upon the ground "that such a lecture is unsanitary (gesundheitsgefaehrlich)."

All the faces beamed with joy at the sight of the well-kept Temple and its symbolic decorations. Kalentar Mother Maria gave the welcome call and The Little Master responded. The evening was largely spent in Communion.

The second day opened bright and early, consisting of mental and physical gymnastics. Problems developed into subjects of intense interest, followed by solutions of greatest pleasure to one and all. The close of every session was marked by rhythmic marches and sacred dances, raising the higher nature of being to the foretaste of celestial pleasure.

The third day called out definitions of terms used in the Declaration of Freedom and other Mazdaznan literature. The lessons proved of value to etymologists, linguists and grammarians, while accomplished rethoricians enjoyed the definitions equally as much.

The fourth day drew out subjects on creation and evolution, appreciating the efforts of Darwin, Huxley, Spencer, Haeckel and other worthy evolutionists, taking up their achievements, adding the much overlooked discoveries of Ainyahita, who so forcibly discloses life's profoundest secrets. After eight hours' most exhaustive expose, illustrating the subject in a manner characteristic to a mastermind, the session closed with the delivery and reading of congratulations from all the principal centers of all nations, inclusive one from Ambassador David Ammann, who reassures

the Saints of God of the tremendous progress made in the Mazdaznan movement since his exile from little Saxony, whose little king, tributary to Prussia, had to sanction the exile to remain in favor with his brother, Prince Max, the famous Jesuite in Rome. Later in the evening the Associates of God pronounced particular blessings upon Lucia Ammann, L. Schoenlein and Daddy Henri Nackenhorst, delegates to the International Gahanbar, held in Zurich, Switzerland, July 16 to 20, Envoy Herman Hesse and Prophetess Hannah Rothe having preceded them. In a most touching manner the Blessed Master placed his Kalifat Necklace upon the neck of Lucia Ammann, with the dictatum to present it to the one most worthy upon the European continent. (No doubt Father David is meant by it.) But in case of failure to find the most worthy one, the Sacred Necklace is to be returned to the Divine Household of Mazda.

The forenoon of the fifth day was spent in speeches culminating into business matters, suggesting ways and means that would best assist the Blessed Master in carrying out his work. Since it is not in accordance with designs for the Master to have a place of his own where to lay his head, he is to be assisted financially sufficiently to meet his current expenses, while all Temple Centers are to supply the prescribed robes for the various occasions sacred to Mazdaznan.

Abraham L. Thomas, Joel P. Thurston,

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A. Louis Kuehmsted and George Herwig continue to be the recognized Trustees of the Mazdaznan Temple Association of Associates of God, with headquarters in Chicago, still it was thought timely to create a fund for the exclusive use of the Blessed Master, such a fund to be placed in the hands of a foreign Trust Company.

A special vote of thanks was offered to the Press, the pulpit, conspirators and professional blackmailers for their untiring efforts in paving the way for Mazdaznan and making it possible for the Household of Mazda to be rid of an undesirable element. "Mazdaznan shall the password be." Clippings from foreign papers, theological and secular, expressing fear from the rapid spread of Mazdaznan, claiming its power to be like unto Luther and Bismarck, were read.

The afternoon and evening sessions of the fifth day brought out philosophic and scientific questions of a universal character, leading into the very obscure, even to the very First Cause, giving rise to the Thought of a Drama whose parts are much more mystifying than the Northern Lights.

The morning of the sixth day opened with an air of divine sanctity. Arrayed in garments of the highest artistic tastes, and in variety of colors superior to the most exquisitely designed Botanical or Elysian garden, reflecting the tints of the proverbial rainbow, the delegates filed into their respec-

tive places, here to behold the Countenance of Mazda, breaking bread and passing the cup with the Saints of God on Earth. So great was the Power present that many were healed instantaneously, others gained Realization.

Shortly after the Divine Pontifical Service the Saints of God met upon the spacious verandas, where artistically decorated tables awaited them with the gifts of earth, born of heaven, to delight sight and taste. Four more hours were spent in conversation of a highly elevating nature, where the Gods and Goddesses displayed the giant memory of the ages and basked in the Light of Wisdom of the Omnipresent.

The evening session brought the Gahanbar to a close. One and all agreed that this has proven another improvement over all previous Gahanbar, but the call of duty must be heeded and with joy in their hearts the Congregation of God disbanded, with the assurance of coming together again in the near future.

Particularly grateful proved Pa Hilton for the blessings of health, and that for the first time in ten years he was able to hear nearly every word spoken. Others testified to the special blessings received.

With this another chapter has been added to the annals of Mazdaznan History, which the generations to come will point to with much just pride.

DOMINION GAHANBAR

THE Saints of the Northern Stronghold of Mazda at the City of Montreal held their Gahanbar June 12 to June 24, at the Mazdaznan Embassy, Daddy Hooper and Mother Adelia Ambassadors. The sessions were largely spent in the Study of Evolution, making comparisons between Ancient and Modern Thought. The zymos in the water's depths and the electron in ether constituted the principal factors in the analysis of matter which is recognized to be the result of the action of the creative energy operating upon substance, guided by Infinite Intelligence. As a text, leading the intellect to the most scientific deductions, Ainyahita was found by far superior to Darwin, Huxley, Spencer, Haeckel and other scientific evolutionists. Ainyahita not only recognized selection and successive order but discovered the missing link overlooked by scientists, due to the fact that the latter overlook the fact that matter is the product of the creative energy through involution, while the objective in matter is the result of evolution. As in creation so in evolution, the First Cause continues to remain the propelling power, guiding and inducing change in accordance to attraction and repulsion. In conclusion the deductions of Ainyahita were sustained that "the objects in nature, once their *modus operandi* has been established through the intervening mediatorial means during the

operations of evolutionary processes, follow the established order of things, no longer to be confined to intercalations, since the intelligence once manifest on one plane may now manifest in a form already established by nature, repeating all the evolutionary stages necessary to reach a certain form by simply guiding all the preceding formations of eons of time through the short space of a gestative period."

Recapitulations of Studies in Omar Khayyam consumed one full session.

The banquet, held on the evening of June 24, proved a grand success in every way. The tables were not only richly decorated with field and forest flowers and plants, but presented an air of freshness, made possible by lining the center of the tables with oilcloth upon which were put iced towels built over with the plants. All the atmosphere suggested "Evangeline Land." The decorations were designed and executed by St. Monica. The menu showed excellent taste and every dish proved a pleasant surprise. The table talk called out many thought jewels and gems of priceless value to the academically educated and highly refined, closing with showers of blessings unto one and all.

It was decided to extend an invitation to the Master for a long stay among the Saints of the Northern Stronghold of Mazda, making it profitable for both.

THE INTERNATIONAL GAHANBAR

THE International Gahanbar held at Zurich, Switzerland, proved the greatest success in Gahanbar-making, thanks to the ingenuity of Ambassador David Ammann. The celebrated Tonhalle was filled long before the appointed morning hour of Thursday, July 16. Father David made the welcome speech touching the refined hearts in a most sympathetic manner. Harmony Exercises and Breadbreaking characterized the morning session, and occasion was opened to extend Salutations delivered by a number of delegates from America, Canada, Brazil, England, France, Italy, Spain, Germany, Austria, Norway, Denmark, Sweden, Finland, Russia and the Asiatic countries.

The afternoon was spent with reports from numerous Centers and Lodges, while the evening offered the grandest of ceremonies, the Solemnization of Hedwig Ammann, the youngest daughter of Father David and Mother Frieda, with Dr. Rauth of Leipzig, Saxony, and Emily Seggel of New York with Herman Ammann; formerly of Zurich, Switzerland. Father David pronounced the Zarathushtrian Blessing, and to the psychic eye it seemed as if the venerable prophet of old was standing there counseling his daughter and advising his son-in-law of royal descent.

The morning of the second day opened with Harmony Exercises for which Father David

arranged a systematic programme, making Study and Exercise most profitable to one and all. In fact Harmony Exercises proved the grand theme of the whole of the Gahanbar, and were the means unto such a successful achievement that the sessions all proved too short to give vent to the great appreciation from hundreds of highly cultured hearts and minds. Speakers consumed the remainder of the forenoon, followed by more speakers in the afternoon and evening, one and all demonstrating besides the Power of Inspiration, the Force of Oratory gained in Mazdaznan.

The morning of the third day brought out further revelations in Harmony Exercises, opening heretofore untrod channels, disclosing most surprising results.

Immediately after the close of the morning session the Woman's Congress opened under the guidance of Mother Frieda. Among other subjects the following were considered most vital: "Ceremonies as Educational Means to Art;" "Who and Where is the Creator;" "Purpose and Aim of Man;" "The Sacredness of the Home;" "Experiences in Home Life and in Child Culture."

The evening was spent in the study of themes and subjects that only highly cultured minds as found in Mazdaznan dare to consider, spreading the accomplishments of giant minds in a manner most profitable to all concerned. "Mazdaznan shall the Password be" continues to ring through the air.

THE MASTER - THOUGHT

Dr. Martini, through his essays, "A Mazdaznan Temple" and "Mazdaznan and Art", portrays the endless possibilities of Mazdaznan teachings. In his last lecture he speaks of the origin and unfoldment of "The Master-Thought."

Mr. Mobius spoke of the recognition that Science has given to this movement. The foremost duty of science is to collect, to assort the treasures of gained experiences, but it is never her work to give new creations that point out the future, because that field is left to personal intuition. Thus science will never be able to picture the significance of Mazdaznan in its full measure or range, but one and all must recognize for themselves the value which Mazdaznan possesses for them. But in spite of that, a historical review proves in all White races the similarity of Teachings. In such a review the beginner is shown the world-important connection of our aim in life and our wonderful mission on earth. The speaker explained in a very interesting way the significance and importance of the Arians; the misery of Races; their education; and how to hinder one-sided development; to cultivate the working together of opposite forces; the training of body and character, conscious of his divine origin. Everything was formerly unknown to him through God's operations. In the eyes of the conscious man, such an unconscious life is only a vegetating existence. Since humanity of to-day lives almost entirely without consciousness, we must say that it only exists. If, through the individual breath man awakens consciousness he sees in himself the greatest that he possesses, or in other words, as soon as man

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calls unto himself the intelligences of the universe, he reaches full consciousness, knowing that he is God-like and a law unto himself. With this law within himself man can form everything according to his wishes, and exercise a great beneficent influence upon his surroundings. Only the recognition of God, the beholding of God, can make us at one with God. And only then we can live as happily and as freely as it is God's will. Man developed himself out of God's workings through the mediumship of Nature and her laws. Nature is consequently the connecting link between man's growth and his higher unfoldment. It is one of the greatest lessons, to solve the problem of Life: Why am I here upon this earth? Nature's laws are so perfect that everything develops in perfect harmony. The wise Creator and Preserver of all life has given to each one, a certain place in the universe, and in a way that they have to preserve themselves. The law of self-preservation is the only one by which Man may perfect himself. This steadily working law of self-preservation produces fight, which calls out motion, this in turn producing vibrations and tune, out of which come forth light and life. One links into the other and all returns to a great *whole* that again was, and is, the starting-point for everything. Our development starts thus from a distinct point and moves according to exact law and order. We must keep house with the wealth entrusted to us by our Father and in a way that we always preserve the good entrusted to us by God. Our being must vibrate in its very foundation in a way that we may acquire what we have inherited from our parents. By this we conclude that we have to take on there where our ancestors left off. We must breathe in that which is the foundation

of everything, that our senses can more and more perceive the ever-presence of God. Only in this manner can we grasp the fine connections existing between God, Man and Nature, as a medium. We cannot deny these connections. The manifold fine threads of communications in Nature speak to man in a distinct language about his destiny and the reason of his existence. A stone cannot recognize these connections, it cannot feel them, although it lives in them. Although the plant has already a great soul it is unconscious of these connections; the same is the case with the animals. Most people do not know anything about their soul because they exist like animals. Only those touched by divine love for life and whose senses develop themselves more and more through useful labors and efforts, can recognize the existing connection between God and Man through the mediumship of Nature. As soon as man beholds this connection, he attains immortality, conscious of eternal life. Then he sees with his spiritual eye, besides the divine principle and origin, his own God, and his original God reveals unto him life's problems. He then enters through the portal of freedom and recognizes the existing laws in the open book of Nature. Then man recognizes the great connection between the universal spirit and his spirit—between the universal God and his God. He understands that his God exists to serve the universal God and mankind through useful acts and concentrated works perfecting his life, as well as calling forth a higher unfoldment of this earth planet. Man in connection with his God and his individual concentrated thoughtform will add to the protection of this planet. In this manner not only the planet, Earth, but above all, God's instruments, the entire humanity, will

reach its highest unfoldment. The time is near when mankind must recognize the communion with God or the true religion of the White Race shall not be dissolved completely for a higher and nobler race. The pure remnants of the White Race are lost, but the inheritance, the seed, is sown and spreads with the Indians, Persians and Anglo-saxons everywhere. Mazdaznan holds that each individual partakes of the Teachings in accordance to his intelligence. The intellectual inheritance of the Arians is handed down to us through master-minds of the Arians. Mazdaznan has always been in a form adapted to the spirit of the times, giving the secret doctrines only in accordance to man's unfoldment. Interesting explanations followed the lecture about symbolism and the law of correspondence and their synonymous meanings and relation with real art. Ancient emblems of healing, to which our Mazdaznan seal the Rosenkreuz (Rosicrucian), are represented in symbolic architecture. Numerous monuments prove the originality of the teachings in our Fatherland. The Arian-German's viewpoint was explained, that universality is the foundation of all religions; that the law of cause and effect works everywhere; the dual force is the foundation of everything that happens, the trinity of appearances in growing, unfolding and passing out to new life. Dr. Martini explained the importance of the knowledge of the elemental kingdom, the symbols in numbers, the emblems of healing, the symbols of tone and color, harmony, the significance of names, our three principal dominions—breath, rebirth, and dietetics, the significance of the meaning of etheroids, Ga-Llama, theory, the science of reincarnation, and so forth. Dr. Miller laid great stress upon the refining process of the human body through

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fleshless diet, explaining how we prepare the coming race through our personal training which is of vital importance that we may see our highest ideals realized in our children—children which will represent the seventh or transparent race.

MAZDAZNAN

MAZDAZNAN comes to the Western world at this time like the veritable "Hand of God", outstretched to save the helpless, to succor the needy, to raise the fallen, strengthen the weak, and to proclaim Universal Amnesty unto all whosoever desire to drink from its inexhaustible supply. Since Mazdaznan was first introduced into America little over a half a century ago, numerous cults, isms, etc., have sprung up like champignons all over the country. NEW THOUGHT with its manifold metaphysical schools, and their psychological tendencies, have swept across the Continent like wild fire, with thousands following on, not knowing how, where or whither, yet ever seeking, striving, searching, proving their eagerness to grasp something that perchance might prove a tangible reality from which they could fill their cups of emptiness.

Thousands of intelligent people have heard the greatest Teacher and Speaker of modern times, as he propounded the great truth of life. Yes, thousands have heard and embraced the teachings of Mazdaznan.

Like the "leaven" of old, we may behold it coming forth, clothed in new garments of manifestation. All about, one sees the "leaven" working its way thru the density of darkness. Even Medical Science recognizes

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Mazdaznan as an infallible authority, and where their knowledge fails, they do not hesitate to prescribe Mazdaznan. Of course they have not the courage to call it by its name. To Mazdaznan it matters not whether it is recognized or not. It is sufficient to see that even indirectly, the great work of reintegration has begun and that the light of Mazda gently breaks thru the heavy laden clouds of ignorance and superstition. 'Tis enough to know that God reigns and rules in His own righteous way, His wonders to perform.

God is not subject to change nor is He governed by the behests of man's fluctuating mind. God is Love, and whosoever abideth in that Love, abideth in God and God in Him.

AIR CURRENTS

The disasters on sea and land at this time, are appalling to the mind who has not attained unto realization.

Scientists, Professors, Mariners, Engineers, Clergymen and Business-men confess, they cannot determine the cause or account for the extent, presently so apparent. Their conclusion is: "Chance or Accident"; still this does not appease even themselves, and the effects fill their hearts with dread misgivings and deep uneasiness!

And yet the reason is simple; so much so, they will not believe it. The earth, seeking her polarity now due, the Laws of Regularity, so called, are changing.

The vibrations are quite dissimilar to anything heretofore known. Both in the air and sea, the currents variate beyond the mien of the past. Navigators, noticing the deviations of their compasses, think them

faulty and in error, whereas, it is just the extraordinary oscillations, etheric and terrene, that prevail. These of necessity, must if possible, become more uncertain and severe, before fixity out of the chaos can be reached.

Collisions and wrecks, particularly in fogs, where the light-waves being now absolutely undeterminable, and distances, therefore deceptive beyond calculation, will undoubtedly occur with a frequency unparalleled. Catastrophies of all kinds, due to elemental conditions will become, as the Horoscope says, more numerous as the time approaches. The adjustment meanwhile cannot help but continue to astound and terrify. Who does not feel (who dares to honestly face the facts) if but vaguely the underlying Culmination—the fulfillment of prophecy? What does it all signify?—for reason there must be! Who knows and how can anyone escape?

Once more Mazdaznan repeats without fear of scientific contradiction, that it alone can explain and secure perfect peace and safety to the individual. But he must be self-awakened and interested enough in himself or herself, to ascertain and live the Zodiacal Laws, which not only govern the earth, but the Being—which understanding comes through practice, not learning.

The Way can be had for the asking, without price—and the invitation is to all.

Salvation is only possible to him who is whole (healed) in body, mind, soul and spirit; the time is now or never; and the place, here. And the promise which cannot fail, is: to him that overcometh will not only exemption from harm be given, but all good things shall be added unto him. Arise, Return, and Remember.

—GUROMANO

FLASHES FROM FAR AND NEAR.

THE kingdom of Saxony had to modify its expellation of the Ammann family, allowing Hedwig Ammann to remain by virtue of her marriage to Dr. Rauth, of Leipzig, Saxony. Perhaps Father David and Mother Frieda will receive permit to visit their daughter now and then.

THE American Legation at Berlin is on a vacation and for this reason can do nothing in the case of Ambassador David Ammann, who was expelled upon the ground that "as an American citizen he has no right to live in Saxony."

THE Oracle for 1914 is being fulfilled in every instance. Continue to watch results.

NOW that scientific measurements have disclosed the fact that the earth "breathes," she will be legally permitted to do her breathing publicly and not on the sly as heretofore.

THAT manuscript of 7000 B. C. should be destroyed, as there is no telling the harm it may do, once the public learns to know that it was not Adam but Noah who ate the apple. It is only hoped that it won't turn out to be a—lemon.

MAZDAZNAN and Father David Ammann are the topic in all circles upon all continents.

REPORTS from our Delegates to the International Gahanbar assure us of the magnitude of the Mazdaznan movement in Europe. Everywhere are evidences of Mazdaznan achievements.

THE MODERN WORSHIPPER OF THE SUN

What is wanting in our present time, is logic, consistency in spiritual things. There is too little sun, life, and strength in our spirits, for wisdom without deeds is not sufficient. We have thousands of very smart heads, they have magnificent ideas but they do not think of it to adapt their lives to their ideas. A few examples will prove it. Maybe every one of the readers of this book is such a good thinker but very poor in deeds.

Hæckel, the famous Darwinist, says in his *Indian Travels*: "For the eminent agility and ability of the Parsi accounts doubtless the fact that they freed themselves as much as possible from the reign of the priests. Their religion, the doctrine of Zoroaster, is in its purest form one of the most noble natural religions, based upon the worship for the creating and preserving elements of Nature. Among these elements, first place is given to the light and warmth of the creative sun, and its image the fire. Therefore, we meet at the beach of Bombay at sunrise and sundown numerous Parsi who testify their admiration for the coming and going light by praying, standing up or kneeling down on carpets. I never witnessed religious services of any other nation with more intense sympathy than that of these worshippers of sun and fire. We naturalists of to-day, recognizing in the warmth and the light of our sun righteously the original source of all the beautiful organic life on our earth, are nothing else but "worshippers of the sun."

In fact, modern science declares the sun to be the original source of all life, the sun is its God and it is wor-

shipping the sun—but where is the logic, where is the consequence of such acknowledgments? Is it not mental half-death if men come to the conclusion: my life originates from the sun, the sun is my father—yet they do not leave the cold north to hurry toward the sun, to expose their nude bodies to the tropical sun, to drink life from the inexhaustible “horn of plenty” of his refound father? Is not this a very poor relationship between acknowledgment and will? Like the scientists, every vegetarian is a worshipper of the sun. But where are the sun-children of the deed? Where are the energetic friends of the tropics, longing for the return of the sun to drink life and wisdom? Where are they? They talk, hold lectures, write doctrines and take a sun-bath once in a while—and that is all. Many know the truth but their will is too weak, culture with its life in houses and clothes, Europe and North America with their poverty of sun have poisoned them; northern earth-poisoning is a deadly disease.

Another example! A very smart far-seeing man, Prof. Oscar Korschelt, how fully does he understand the nature of the sun, and yet he shows the same inconsistency. He wrote the ingenious book, “The making useful of the power of the ether for medicine, agriculture, and technic.” He starts: “It is an undoubted fact that all powers on the earth originate from the sun. With the rays of the sun the earth receives immense vital powers working in many different ways; all earthly powers can easily be traced back to the sun.” And he says further on: “Human life, as well as animal and vegetable life, is impossible without the powerful influence of the sun, for our nourishment is condensed energy of the sun, and we directly assimilate in ourselves the pow-

er of the sun, which has been proven by the curative effects of the sun-baths, and moreover it is shown beyond doubt that men and plants die away in darkness." And still further on he sings a song of praise to the all-mother sun. "All phenomena, all life on the surface of our planet has its origin in the powers of the sun."

These powers offer themselves in unmeasurable quantities to those who want to make use of them. And they have been made use of from the very beginning, by plants, animals, and men. Consciously? No—unconsciously—by our souls. And what are we doing during the time of our existence where we live with conscience? To secure power, we dig way down in the ground, banish a great part of our brethren into the mines, making them live a life not worthy of human beings, to gain coal to preserve warmth and power by burning them up. What a waste, what a miserable substitute! Less than ten percent contained in the coal can be used by the steam engine and wherever we look we find the same trouble in getting power, the same insufficiency in the making it useful. Nine out of ten of us lead a life of poverty, coarseness, ignorance, and sin because our means by which we procure power are insufficient, because we do not understand how to make our own the richness of power surrounding us. Like people dying with thirst near water, too stupid to get it and drink, so we ignore the rich gifts offered to us by the sun.

Could we make use of these powers? And how? I shall describe the path I followed with success.

Korschelt constructed an apparatus for the rays of the sun-ether. But why such inconsistency? Why does Korschelt not go to the tropics, enjoying the accumula-

tion of sun-power of the best and most natural kind, eating cocoanuts and doing away with clothes, exposing himself to the tropical sun? Why, instead of this, manufacture thousands of apparatus in the stone-grave of Leipzig, sewed up in clothes?

“Like people dying with thirst near water, too stupid to get it and drink.”

Come down to the equator, friends, and learn how to drink Sun-ether. Become again what we were once, condensators and accumulators of the powers of the sun, and no longer will you need doctors and medicine. Then we will be Man and God in one. Come and drink ether from our mother sun, and become human, or do you prefer to become caricatures and candidates of death?

Another example is Julius Hensel, the sun of science of to-day, although much criticised, he says in his work: “Life, its foundation — the means of its preservation”:

“We have in fact convinced ourselves—

1. That the material of the exhalations of the atmosphere of sun is agreeing with our protoplasm;

2. That the exhalations of the sun act form-giving, by blending;

3. That the human body, as far as the muscles, sinews and nerves are concerned, is composed of the volatile exhalations of the sun.

It now remains to test our bone-substance regarding its character as protoplasm. And if we find agreement with the sun in this direction too (and we will find it) then I know not what objections we can have to consider the sun as a spirited being, as our beloved mother, reaching far out into the ether, never resting in its path, producing warmth and never losing any of its power.”

Did Hensel live in the sunny tropics? He was far

bro-spinal nervous system and the blood, leading to a path which brings new life and regeneration to every organ of our body. It is a fact that Race-Hygiene necessitates an understanding of Breath Culture, Diet, Method of Regeneration and Recreating of our Royal Blood, as taught by Zarathushtra and Jesus. All other means to uplift the Race, will not lead to the goal. Whosoever desires to be upheld and sustained in the great approaching Period of Race-Purification, must begin forthwith to cleanse the body, no matter if in possession of much or little Aryan blood, for all can be helped and benefitted.

We have not entered much into the Care and Physiological Development of Thought through the heart and cerebro-spinal nervous system, so far. Although correct Thought-development for Race-hygiene is of such great importance, nevertheless it does not answer the purpose of this lecture to enter too much into detail. We refer to "Mazdaznan Health and Breath Culture." We only desire to sketch in a few words the aim of Thought-culture for a pure race, without giving a detailed explanation of it and its establishment or founding.

To recognize in a spiritual and material sense, the aims and future of the race, we only need to follow the path by degrees which the different races have trodden; thus is maintained a distinct standard for the whole human Race-development. The future of the race is but an extension of this established standard. This problem is a very simple one. It is not necessary to be endowed with over-volumptuous perceptive gifts, only with logic, to clearly recognize the future and aims of the race.

(To be continued in October magazine)

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GALAMA

THAT CENTRALIZING LIFE PRINCIPLE

Galama thou central power,
Into me pour out thy shower;
With each breath inhaled I know
Wisdom, peace, thou wouldst bestow.

Galama through endless space,
Into thee absorb my place;
In myself, thyself remain,
That I may know God's domain.

Galama thou staff of life,
Within me make end to strife;
Caldest waves of breath now raise,
Unfolding God's blessed ways.

—*Guromano.*

PRAISE FOR THE BOUNTY OF GOD

Praise ye our Lord God Mazda, for He is
Omnipotent!

Praise and glorify His Name, for He has dealt
bountifully with us!

Praise Him who is good and gracious unto His
children!

Celebrate His Majesty with continuous songs
and thanksgiving.

The magnificence of God we behold in the
wonders of the starry heavens.

Through His marvelous creations He proclaims
His Perfection.

Contemplate upon the immensity of His works.

Praise Him for His Divine Goodness at this
season of the year, as He pours out
upon us the riches of the land in form
of delicious fruits, vegetables, grains
and nuts, all of which flows from God's
horn of plenty in superabundance.

Praise be unto Thee, Thou who alone art
worthy of praise.

Sanctify the riches of Autumn's bounty unto
the good of Thy little ones as they in
turn consecrate themselves to Thy
glory and service.

Laud, magnificat and praise be unto Thee for
Thy boundless munificence.

SERMONETTES

HAS civilization gone to sleep or has it just retired for the night?

HE who minds other people's business, never minds his own.

WHAT was unknown as *Heathen* in the days of Jesus now is stamped *Christian*.—The change is only in the name!

THE Spirit of the times demands that we *stand* and in standing that we show forth the strength and beauty of our inestimable Teachings.

HOWEVER strenuous the times, we are expected to show forth those essential gifts and powers that prove even to a faithless world that we are able to demonstrate and redeem the infallibility of the Mazdaznan System.

WE conquer—but not by brute force nor by muscular strength, but through the development of our finer forces, such as mind, brain, nerves, etc., since it is through these that man expresses his God-given talents.

CATCH the sunbeams when they come your way.

HEALTH is the heritage of Nature's children.

IT MATTERS much whether the thorn is thrust into *yours* or *my* side. What a pity that we can only *feel* it when it pierces *our* side.

LET US, if we must have great actions, make our own. Let us seek peace by fidelity. Why need I go dabbling into the scenes and philosophy of Greek and Italian history, before I have washed my own face, or justified myself to my own benefactors."

MAZDAZNAN shall the password be." Did you ever think or question *why* Mazdaznan has attracted the envy, malice and jealousy of the whole world? If there is nothing in Mazdaznan, then why does the world bother about it? The world has proven its foolhardiness, for it has given hundreds of thousands of dollars of free advertising to Mazdaznan in order to prove that "there is nothing to it." But that is, and always has been, the policy of the "Prince of this world", as Jesus called the adverse forces. After He had accomplished His ministry He said, "And now cometh the Prince of this world."

HINTS OF THE SEASON

FRUIT salads, adding a few nuts, are always refreshing.

IF dyspeptic, let oranges alone and take apricots instead, also well ripened plums.

AUTUMN SEASON—the season for grapes and matured fruits. Grapes are for medicinal purposes and should be eaten scientifically. They should be partaken of slowly. The pulp should not be swallowed. To diet on grapes for several weeks will cure intestinal troubles, dissolve gravel and stones, arrest cancerous fibroidal growths. White grapes are best for those who are acidulous, the concords and tokeys for poor circulation, but if catarrhal, let grapes alone and use plums instead.

NATURE has again proven herself a most beneficent mother. What a superabundance of luscious vegetables, fruits, grains and nuts she has showered upon her children. May we remember to pay her due homage—yes, even laud, praise and bless her for these gifts which she so delights to lavish upon her children. May we never become so thoughtless as to forget to rightfully appreciate the blessings of our dear faithful Mother Nature—she who never forgets her own.

FRITTERS made of different fruits such as apples, peaches, bananas, are always excellent entrees.

AFTER garnering in the harvest, we find Mother Nature has showered her treasures upon us in uncountable ways. Let us be thankful.

WITH the cooler days a change of menu is in order and we find soups, symposia and salads an excellent base for dinners; flavorings of savories, garlic and onions.

GRAPE FRUIT—fresh from the south—continues to be in the greatest demand, recognized as it is for its toning and eliminating qualities. It answers the demand for the distilling waters of nature as through its juices thirst may be quenched, thus solving one of nature's great problems.

SCIENTIFIC application of common sense is nowhere more needed than in the proper nourishment of the body, since only so can we demonstrate that we are led and guided by a knowledge superior to those whose tendencies belong only to the lower or brute nature.

THE ZOROASTRIAN LAW OF PURITY

(By Jamshed M. Billimoria, editor of *Cherag*)

My friend and colleague, the late Mr. Nasarvanji Mancherji Desai, of Navsari, left some posthumous Gujarati MSS. when he passed away in 1912. Among them I found the following English MS. which I was advised by some friends to publish. Of course the subject is a wide and profound one. One of the aspects of Ahura Mazda, God, is Absolute Purity, *Ashavahishta*; Purity pervades within all things, all is Purity in essence, and the whole Avesta literature is permeated with the word *Ashava*.

Aevo pathao yo ashahe vispe anyesham apantham—"The Path is only one, that of Purity; all other Paths are no-paths", says this System. It may be argued that there are other paths to reach God: the Path of Action, the Path of Devotion, the Path of Knowledge; but what are all these paths without Purity, the LAW of all other laws? They are like birds without wings, without purity. Without purity one cannot soar high to that lofty Peak "where Ahura-Mazda dwells."

"Ahura Mazda said: . . . My . . . Name is the Best PURITY."

"I seek after the Truth of Truths—Perfect Purity—which approved Truth is considered by Ahura Mazda as the highest."

"Ahura Mazda spake: O Zarathushtra! Purity is the best thing for a man from his

very birth. That Purity is the Mazdayasnian Law. Any man can purify his heart by Good Thoughts, Good Words and Good Deeds."

"With the highest Purity, and with the best Purity, may we unite with Thee, O Ahura Mazda, and enter into Eternal Friendship with Thee."

To every nation and people of the earth, the Word of God that was sent through a Messenger, a Founder, a Prophet or a Rishi-Reformer of that particular religion, was expressed in some one special word. To India the word was Dharma—Duty (rather an untranslatable term); to Egypt in the ancient days the word was Heart-light; to the Greeks the word was Beauty; to Chaldea it was Science; to the Buddhists it was Knowledge or Wisdom; to the Hebrews it was Righteousness; to the Romans, Law; to the Christians the word was Self-Sacrifice; to the Mussalmans it was Iman or Faith—resignation to the Will of God; and so to the ancient Iranians the word was "ASHA", PURITY, which sums up the whole teaching of the Lord Zarathushtra in the Avesta, the scriptures of the modern Parsis.

As the Sanskrit word "tapah" means not only austerity, but a great deal more, as the words "dharma" and "karma" mean not only duty and action respectively, but have each a still more extensive meaning which appears in its applicable sense when read with its context, so does the Avesta word ASHEM, ASHA, or in a modern popular form 'ASHOI', carry a

far more extensive meaning than purity. According to the "dictionary of the Avesta Language", by Ervad K. E. Kanga, 'Asha' or 'Ashi' means "Truth, Rectitude, Righteous Order, Holiness, Sanctity, Purity, Righteousness, Blessedness, Blessing." Rev. L. H. Mills translates the word as Truth, Right, Purity, Holy Justice or Sacrosanct Law, to use an all-comprehending term, for he states in a foot note in his translation of "Gathas of Zarathushtra" that "the Sanctity of the Law included ritual and ceremonial holiness as well as purity in thought, word and deed." Some of our theosophical students consider that the word "Ashoi" has the meaning of true Vairagya—non-attachment to worldly things and objects. I am inclined to say that the Sanskrit word 'Tapah' and the Avesta 'Asha' are synonymous terms; I do not mean by "Tapah" that wrong idea which is held by some as going out into a jungle, or deserting worldly duties for the search of God. It is austerity and piety, service of Man and God, in the midst of the world with a steadfast, single-minded attitude. 'Tapah' and 'Asha' may each, therefore, mean Purity, physical, psychic, mental and spiritual. Just as Ishvara, Shiva, Mahadeva, or any real Yogi is a real 'Tapasvi' on account of His 'Tapah', so Ahura Mazda, Zarathushtra, or any Holy Man is 'Ashoi' by virtue of his 'Ashoi.' As 'Tapah' or austerity manifests itself in the aspect of Bliss, Anand, so does 'Ashoi', Purity, culminate in the blossom of Happiness, Bliss.

“Purity is the highest Blessing, Happiness; Happiness is to him who is Pure for the sake of the best Purity.”

This formula—‘Ashem Vohu’—is one of the three most ancient and most frequently recited prayers among the Parsis.

Almost all the religious mandates of Zoroastrianism gather round the Law of Purity—Purity in physical and spiritual matters. In the “Vendidad” we find a mass of teachings given for physical purity; whereas the Yasna, especially that part of it which is known as the “Gathas”, abounds in the high, deep, mystical, devotional and spiritual teachings of the Law of Purity. Not only so, Purity is taken as the source and symbol of Ahura Mazda Himself; and Purity, and Purity alone, is recognized as the channel or instrument by which union with Ahura Mazda is gained and realized.

“Ahura Mazda is the source of Purity.”

“Only owing to His Omniscient Wisdom, Ahura Mazda Himself is the Father—the Source—of Purity, Truth.”

“Ahura Mazda—the true Source of Purity.”

“ . . . O Ahura Mazda! If Thou art indeed thus for Purity—that is, Thou art the symbolic Form of Purity, . . . inspire me to lead my whole life in this world, so I may reach Thee.”

“O Thou Highest! Through the best Purity . . . I lovingly invoke Thee—the best Friend and the Lord of all the creatures, for me . . .”

“By Purity, Thou maketh us reach those Straight Paths in which dwells Ahura Mazda.”

As the Path of Purity is the law proclaimed by Zarathushtra for His followers, a devotee naturally should desire, nay, aspire, after Purity, and Purity alone. He should determine to be faithful to it unto death, as it brings him happiness in both the worlds:

"Give me, Thou Omniscient Lord, the benefits of both physical and spiritual, which are obtained through Purity, that I may obtain the bliss-giving happiness."

The reason why so much importance is attached to Purity is that it advances the evolution of the world and gains for it greater benefit. A pure man is recognized as a Helper of the world.

" . . . We admire Purity, which is the Mazdayasnian Law—the enhancer of prosperity, growth and benefit to the world."

"A Pure man is the hastener of evolution, successful and the best; thus may we also help and cause the world to evolve. That Pure man, on account of his treading on the Path of Purity, is the father or protector of cows and of all the creation going along the path of Purity—the Will of Holy Ahura Mazda. He, a Pure man, is really a benefactor, whose greatness, excellence and beauty we wish for you. Besides, that Pure man will always save and protect the evolution of the world with purity, diligence, liberality, knowledge, tolerance—or humility—and the Fire of Ahura Mazda."

(TO BE CONTINUED IN DECEMBER ISSUE)

EVOLUTION

Ever since the world of life began and mind clothed the soul with form and erectness, the elucidation of the mystery of creation, evolution, ultimate purpose or end, has been the longing and search of reasoning man.

The wonderful mechanism of existence, its lawful guidance and control not only exalts and amazes the true student, but is too apparent to escape even the casual observer, therefore, to be denied. And most extraordinary of all is the fundamental fact that this vast mechanism is *animated*—alive; that behind and in the substance is a vital force or spirit; something, as it were, pre-existent. Practically all scientists agree as to this, though some take exception to the terminology. This animation, it is thought, if once adequately understood and its continuity and source known will prove the “key” to life, the solution to all problems. Everyone, therefore, from the humblest to the highest, capable of intelligent judgment, not only desires to know but insists on analyzing this all important fact for themselves.

That there is a scientific solution, rational and acceptable, explaining and giving in a natural and practical way, a conception that agrees with common sense, the truly discerning mind never doubts! Hence, the everlasting search. It is said that the question briefly sums itself up in three words: why, how, what;

or end, cause, effect—the answer in one. What then is this magic word, which so incarnates itself that it opens wide the door of understanding, “squaring the circle of truth!”

That the world is vibration—action and reaction—is now granted. But what caused and continues the motion, is still the riddle; for vibration in itself is as secretative as the unborn history of tomorrow. May it not be plainly said, definitely and once for all, if only for the sake of brevity, that the quest or task of discovery is to prove this vibration, either Finite or Infinite or both—a physiological emanation? In other words, is life the cause or the consequence of organization?

Science, in its pursuit of knowledge, wisely demanding evidence, has endeavored to show, step by step, (deductively, when objective proof fails) the probability and possibility of this energy with its persistence and conservation, as being in and of itself, completely sufficient to create, evolve and control what is. With untiring patience, enormous effort, unbounded research, it has named and classified not only kingdoms and species but practically particles and elements in each and all dimensions of space down to the electron. A wonderful and praiseworthy achievement! But what of the result? Is it not so far, terminology, terminated; the first cause or first simple still undetermined, unknown, undefined? Theory lost in theory? And no wonder for, as Ainyahita tells, behind or before the

invisible, only imaginable electron, there are nine hundred and ninety-nine degrees, minutial, elemental, or organic states, molecular activities, functions, or conceptions.

The fact of man's existence, that he as man is the highest product of life, the world in miniature; the culmination of all processes; that he can have what he persistently and lawfully strives for; gives him the assurance that behind it all there is a Supreme Being and Creator, who with guiding hands, holds the reins of universal power and love, ruling with an object in view. To such, the details of evolution, the zymotic action, crystallizing matter out of infinite substance; the expansion therefrom of the cell; the compression and resistance of formative activity (centripetal and centrifugal); the correspondences of sea and land, necessary to development (the "missing links"); the work of the Adversary in counter-creation (ice, vermin, wild beasts, weeds, etc.); phenomena and illusion; the fact that the mineral and vegetable kingdoms are but bridges; the effects of natural selection, heredity and variation; that all preceding processes are repeated in each incarnation, in man's short gestative period of nine months; that the "Spirit knows no loss", and many other workings of the law, are all simplified and understood because, like the great and noble Omar Khayyam, he knows that the "Universe is I", the "Unum", the magic answer or "Sesame" to all problems, humane and divine.

“THEY THAT LIVE THE LIFE”

Every earnest student knows that Mazdaznan does not pose as a “teacher” of truth. Mazdaznan *sounds* a message; it *expounds* the law; it *promulgates* a system; but invariably in the same attitude that Jesus took in presenting His Word, namely: “Let them that have ears, hear.” Realizing only too well that it was the few rather than the many that would be able to recognize Truth in its essential purity.

Ainyahita says, “Mazda gives the call but Mazda will call no one.” And again, “*My* sheep hear *my* voice.” How futile, then, all attempts to co-erce or persuade others of the infallibility of Mazdaznan.

Rather use that energy and intelligence to promote our own growth and development, that through the personal unfoldment of our talents, gifts and attributes, we may show to a sin-cursed world that at least *one* has lifted their life out of the shadowy treadmill of hardship and despair, for “they that liveth the life—true Mazdaznan—will surely reveal the great fact, that they *know the doctrine*—perfect life—this is the *sumbonum* of the whole teaching. Personal and individual demonstration alone counts, for only by *living the life* shall we be able to mold our characters after the pattern of the Perfect Man, according to Mazdaznan principles, and be able to reflect the Truth of Truths: i.e., that we *live the life* thru *good thought, good word and good deed*.

REALIZATION

With the world thrown back into chaos from existing conditions of warfare, and economic conditions arising therefrom, we may well consider seriously the possibility of our own individual invasion. For as our mind faculties become sensitized we are the more liable to attack from forces and influences not recognized by the world in general.

What marvelous foresight and understanding is that of our Master-teacher, Dr. Hanish, who has enabled us to place sentries at every citadel in his foreword of warning and priceless teachings, which if heeded, furnish us the necessary means to withstand the perils of this hour.

Our songs, the "Prince of Peace" and "God is Love", sung in Processional, have woven an invulnerable mantle around us, the refrains of which echo back to us comfort, strength, thus lifting the clouds of disaster that otherwise gather about us.

Mazdaznan of all people have been taught the potency of thought and the science of breath, exercise and diet, to meet all existing conditions. Our country and home alike must be an individual discovery and possession.

As we open the windows of our soul on arising in the morning, breathing our prayer of Peace, it comes to us that the only way we can find our Father is in the realization and tranquility of our own soul. The Father, the

source of strength and protection, is ours in proportion as we come into this consciousness. "Intoned be Thy Name"—making God a part of us, is the realization that "in Him we live, move and breathe", with every conscious breath. Through our God-given faculties we are in such accord with the Infinite that even when apparently in most trying conditions we still may be conscious of good, and the Will of the Father may be made manifest in deeds.

"This day impart Thy word" is a divinely right demand and we know through right action the "word" will come into manifestation, take form. In this consciousness, even when doing battle with unfavorable conditions, our home or abiding place is rebuilt into a structure of love and harmony.

— *Viola M. Woolson.*

Mazdaznan certainly does stand for a most precious "portion" which we have never found elsewhere, and to explain would be difficult indeed, especially to those outside of the family circle, who have not shared in this almost indefinable quality of harmonious beneficence. It is that subtle quality which draws and amalgamates, through an invisible potency and power, uniting all into a *happy family*.

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OPPORTUNITY

Many are the gifts that life presents for our consideration, and naturally each individual chooses—consciously or unconsciously—those gifts that appeal to their particular temperament. According to the use man makes of those gifts, will his character be molded.

“Knowledge is power” only when man applies the law of utility to knowledge, making practical use of said knowledge, so as to aid him in governing the affairs of life to the best possible advantage, first to himself and secondly, to the community in which he lives.

The old “expose” of the law of life, i.e., “Man, know thyself” is as apropos today, as when placed in glowing letters above the doorway of the Temple of Delphi. Ancients understood indeed, the *laws of life*; and *truth*, as expounded by them, was truth only when made applicable to man’s individual development. Thus man was able to give the proper recognition to *life* and the *gifts* with which life has so richly endowed him; for only as man does recognize his endowments, gifts and talents, will he be able to grow, unfold and develop.

Man stands today upon the highest round of the creative ladder, having completed the evolutionary, and life presents her gifts and with pertinent tenacity demands to know what disposition man is going to make of these golden treasures which she has so munificently

showered upon him. Will he continue to grovel, like a worm in the dust, or will he arise and claim his God-given heritage? Will he still continue to be a slave of negative environments or will he assert his ability to rule and govern the "winds and waves" of adverse or lower propensities of his base animal instincts? Which shall it be? The "mills of the Gods" no longer grind slow for they realize that the "spirit of the times" waits for no man. The plow-man has thrust in his great plow-share and woe betide him who stands in the way of that glittering steel.

A few weeks ago all was calm upon European shores but what of today?

O Man, put on your Magic Hat and place the Sandals of Hermes upon your feet and flee to the Mount of Understanding, if you would save yourself from the "incoming tide" for lo, the "waters of the deep" are ascending to your very door.

“WHAT OF IT”

“Wars and rumors of wars” and “what of it?” One thing at least has been proven. As no man liveth unto himself so no nation, kingdom or empire existeth unto itself. Although our nation so far has not directly entered into the conflict, yet there is scarcely any branch of industry in America but has become visibly and perceptibly effected by the wars abroad. In view of this fact, it might behoove Americans to not only conserve their national resources and energies but also to cast a scrutinizing eye into the immediate future and thus be prepared at least in part to meet the evitable.

The arm of *might* has swung itself abreast the kingdoms and empires of Europe and those who have *insight* will readily see that the “hour has struck” and the demand made by God’s inexorable Law of *Justice* is about to be consummated.

In national life, as in the life of the individual, God’s Law of Justice demands that the debt be paid, that every wrong be righted. How then shall America escape meeting the condemnation which she, as a nation, has called down upon her defenseless head. True, much will be forgiven her since she has been more “sinned against than she has sinned”, due to the fact that she had fallen into the hands of unscrupulous demagogues and politi-

cal hirelings who always seek to feather their own nests at the expense of others.

Volumes could be written upon this subject, for "American graft" at Washington has become so odiously apparent that we could justly use the vulgar biblical phrase, "she hath become a stench in nostrils of all the nations of the earth." On the other hand she has become the target of all the other countries of the world at whom they point their venomous arrows of envy, jealousy and hatred, because of her boundless resources of illimitable wealth, which God has so wondrously blest her with.

Yes, America must arise and wash the stains from her polluted garments; let her arise, abandon those cardinal sins such as pride, lust, avarice, through which she lost her virgin estate—America, the country whom the Gods set apart from time immemorial and destined to become the future dwelling place of all who love freedom. May she continue to stand alone and mind her own.

Will we, as Americans, exercise reason and judgment and thus maintain neutrality; or will we, with short-sightedness and presumptuous aggressiveness, call out such action as will cause us, and the future generations, unmitigated woe, sorrow and agony?

DOINGS IN CHICAGO

The October Magazine has just arrived and contains a wealth of valuable thought. Each number is better than the last and it is surprising how many times one can read and re-read the old ones, always finding new food for thought.

Saturday evening, the nineteenth, Chicago held its annual Birthday Celebration of our Illustrious Zarathushtra. Everyone seemed to feel especially happy and free—even a feeling of jubilation was in the air.

The meeting was in charge of Dr. Thomas, who gave a few fitting words of greeting but turned the address of the occasion over to Brother Tabor, who paid tribute to the memory of Zarathushtra in concise and forceful language, giving much that was definite and interesting, pertaining to the history and teachings of that Savior.

Miss Delaney added a word that was meaning-full as hers always is, speaking of the people of this age occupying a position where we may view the various great teachers of different periods, comparing the truths they taught, making them our own today.

Carolyn Driver Potts spoke of the practical teachings found in Zarathushtrianism, also the comfort found in them of a logical solution of a future life beyond this.

The musicians added much to the beauty and inspiration of the occasion. Mrs. Harn-

strom's voice in a little English song ("Wishes", by Bothwell Thompson) drew forth the remark by Dr. Thomas that there is nothing in nature to compare with the human voice. The quality was unusually expressive of that brightness and bouyancy found in summer haunts, with birds and running brooks. The men's choir contributed to the occasion with well trained voices. Mr. Blaha performed a masterpiece ("Fantasie" of Seveir) in a most brilliant manner. Our young pianist, Erma Peterson, played the accompaniments most ably.

We then descended to the banquet hall at the close of the program and there awaiting us was the most exquisite and tempting sight. The long hall with its tables displaying the season's harvest of fruit in its most wonderful profusion and beauty, and arranged with the usual artistic skill of our dear "Muzzy", Tante Herwig, and the devoted Ruth family.

Chicago.

Viola M. Woolson.

ZARATHUSHTRA'S DAY IN LITTLE BETHANY

Wreathed in a mantle of sun-clothed gold was the blessed little Temple Spyenta Maria on the Sunday closing the third day celebration of the Birthday of Zarathushtra. All nature seemed to join in responsive echoes of overwhelming joy and gladness as she showered upon us her bounteous harvest of luscious fruits, vegetables, grains and nuts, which were piled up in graceful pyramids on either side of the sanctuary, while swaying branches of rich colored foliage and swinging vines, trailing gracefully from the Altar down through the Auditorium, turned the little sanctum into a bower of gorgeous autumn beauty. In the center of the court stood the marble bust of our "Prince of Adusht", the pedestal appropriately draped in heavily fringed apricot silk with royal purple velvet setting and a bank of rich, red roses about the base, altogether making a brilliant display of Nature's most glorious plumage. The sunshine within seemed to blend with the sunlight without, as in joyous accord the Saints of God Hailed Him, our Royal Prince of Peace, through the grand old Hymn, "All hail the power of Mazda's Name." While in this harmonious state each imparted blessings from the fullness of their hearts unto one another, receiving infinite blessings, partaking of the "Sacred Bread"

and "Holy Cup" while singing softly, "I clothe myself safely around with Infinite love and wisdom."

Then followed the passing of the Wheat, provided and perfected by the Blessed Zarathushtra, until it became veritably the "Staff of Life."

The beautiful, impressive services closed with a benediction from Blessed Mother Maria: "With this thought of love in our minds, this salutation of peace ever emanating from our hearts, with our hands outstretched, invoking heavenly benediction upon one and all of God's Holy Children, we shall continue to be worthy representatives of peace, prosperity and perfection."

—Hortense Florence.

UNREASONABLE

George Bernard Shaw is one of the few vegetarians who have remained true to the faith, and in a recent letter to a woman, reproaching her for her fight against the aigrette when she still ate meat, Mr. Shaw said: "The lack of logic prevails everywhere! We call the tiger a ferocious and ravening beast, but what would you ladies be called if, for example, the lamb chop had a voice?"

—*London Opinion.*

Greetings of Love, Joy and Happiness to the
Blessed Household:

It seems impossible even now, to realize that we are flying so swiftly and surely from home and those precious ones dearest to our heart. Passing through the noted Berkshire Hills we drank in the ambient air while our eyes feasted on the grandeur and sublime in nature. Why will Americans go abroad to view the glorious handiwork of God when there is so much to enjoy at home. The European wars will doubtless afford them time and opportunity to get acquainted with their own unexcelled country. How many of our own people have visited Grand Canyon of Arizona, the National Park, Yosemite Valley, etc? And where in Europe can we find their equal, to say nothing of the well known and world-renowned Niagara Falls. It is wonderful to note the interest that Grandma takes in everything and if this is the secret of her mental dexterity, we might do well to take some of her medicine.

Reaching Chicago, we were met by Uncle Irwin Ruth and Brother Richard Risse, who duly escorted us to the home of the former where Aunt Ellen Ruth had a banquet dinner awaiting us, to which we both did ample justice. "Dear old Chicago, with all your dirt, I love you still." Certainly there is something fascinating about the atmosphere of this vast Metropolis. Gazing out upon the wide expanse of Lake Michigan we are reminded, dear

Mother, of the many inspirations it gave to your life in the years spent upon its shores. For this reason it will always hold for us a double charm.

Our thought is tinged with sadness as we view these countless throngs of heaving humanity—here, where our Blessed Master has so graciously given the “Call” unto thousands upon thousands. We can but question, “what will the harvest be?” How blessed are those who have permitted this Great Message to bless them! How unspeakably blest are those “little ones” who perceive only the good. It is worth the while, although the waiting sometimes seems long, and the tribulations great that come to every awakened soul, still how sweet is the communion of these dear ones who are at one with us in good thought, good word, good deed; and as we look into their responsive faces, we can truly feel that it is good to live.

With blessings of love and peace,

Ruthken.

Why is the man who minds his own business the most successful?

Because he has so little competition.

—*A Mazdaznan.*

FROM FAR AND NEAR

OUR Master's recent trip to the Pacific Coast proved to be a series of continuous ovations while visiting the various Mazdaznan Centers, giving lectures to large and interesting audiences. Great and unusual interest was everywhere apparent, showing that a profound awakening was taking place among the people of the West.

At Seattle Mother Frances and her able assistants served a Banquet in honor of the Master, which proved a most surprising success. The joy and happiness of the dear people was revealed through their beaming countenances while a spirit of satisfaction pervaded the hearts of all, as they encouragingly resolved to hold aloft the pure white banner of Peace.

At San Fransisco another grand ovation took place. Exceptional interest was observed at all the meetings and the dear people were filled with joyful anticipations for future developments. Everyone was at their best and the Banquet tendered our Master was a masterly success and truly a credit to those who so graciously prepared it.

From Los Angeles we have received several glowing accounts of the wonderful lectures given by the Master and the marked interest shown by an awakened people. The Zarathushtra Celebration took place at the new home of our Sister and Brother, Bessie and

Bruno Groeschke, where over a hundred people gathered to do honor to the occasion. All were enthused over the glorious tribute paid to the Holy Zarathushtra by our Master, while the whole company was delighted with this fascinating home and its charming outlook.

At San Diego, Father Clements Pfeutzner was in his element of highest enthusiasm. Everything was done to make a great success of the Master's Meetings. The city and surroundings were showered with Mazdaznan literature and hundreds heard the glorious Message of Freedom. Encouraged and enthused, they all look forward to great developments.

MOTHER Elizabeth H. Ingraham, of the British Mazdaznan Association of London, England, writes most encouragingly of the work in Glasgow, Scotland. She instituted public classes in Mazdaznan Health and Breath Culture and Dietetics at three hundred seventy three Bath Street, the twenty second of September, continuing weekly until the twenty fourth of November.

AMBASSADOR Dr. Gilman Beeler reports constant and steady growth of Mazdaznan work in London, England. The British Mazdaznan Association have their publishing and supply station at sixty two Eton Ave., London, N. W.

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CHRISTMAS

Out of the heart of a lily white,
God wove a garland of glorious light,
Gracing the brow of Motherhood true
With crown, a halo of heav'nly blue.

Mother Divine, through thy sacred heart,
God to the world chants a joyous part
Whose magical charm shall light man's way
To immortal joy and endless day.

Hail Thou Beloved, Heav'ns Holy One!
Man's Lord and Savior; God's Only Son!
The radiance of Thy glorious light
Sheds o'er the world its effulgence bright.

SERMONETTES

CHRISTMAS—

A Merry Christmas to all!

CHRISTMAS comes but once a year.

CHRISTMAS joy unites the whole world.

CHRISTMAS, the one day when all differences are forgiven and forgotten.

*“Joy to the world,
Our Lord has come!
Let us receive our King!
Let every heart
Prepare Him room,
And Heaven and Nature sing!”*

APPLICATION without understanding
causes *misunderstanding*.

THE message of Peace, alone can revolution-
ize the world.

FLATTERY is said to be the instrument
which the evil one uses in order to gain
his ends.

MAZDAZNAN are the only ones on the face
of the earth who proclaim *Peace, Pros-
perity and Perfection*.

NATURE expresses herself in almost infinite
variety of forms, showing thus the need
of change in our growth.

TO round out perfectly, Nature requires a
frequent change—every three months—
of ideas and association. Too much of any-
thing causes monotony.

THEY who lead forth the armies of Peace,
who do the missionary work, they who
have sown the seed, these shall receive credit
and their names shall go down on the pages
of History.

TO grow and prosper, man must understand
the three-fold operations of his organic
nature and its relation to the nervous system.

THE difference between civilized man and the savage, is that the former has developed finer senses through nerves, while the savage is simply muscular.

PAY attention to your bodily needs, for the body with its functions, was created by our higher intelligence for its, the spirit's, specific use, while a pilgrim of this mundane plane.

LIFE brings to man perfect felicity when he has learned *how* to utilize his talents, gifts and endowments, for only through their rightful use can the mind reveal legitimate ways to success and happiness, making life worth the living.

WE are to demonstrate, to prove; in other words, we must *live* the *principles* of our *faith*, that we may enjoy the *fruits* of that *faith*, which are joy, happiness and felicity; and these correspond to peace, prosperity and perfection.

WHAT good will our intellectual and brain culture and our higher endowments do for us, if the body gives out or disintegrates through disease? What will all our accomplishments do for us if we are an invalid, subject to the buffetings of the "winds and the waves."

HINTS OF THE SEASON

SIMPLICITY—the law of nature.

NINE tenths of the earth's products are wasted because there are no willing hands to gather them up.

GRAINS should be used in endless variety of ways, as they are nourishing and of a warming tendency.

CELERY: a nerve stimulant.

CRANBERRIES: for Eczema and Malaria.

HORSERADISH porridge: a tonic for liver and stomach.

APPLES: prepared in manifold ways; grated raw, scraped, baked—eliminating.

SQUASH: baked or steamed.

CARROTS, turnips and beets, grated raw, used alternately, are refreshing accompaniments to salad combinations.

BREAD sticks made of ground whole wheat and whole flax seed in proportion, will aid in solving many obstinate problems through their promotive tendencies. Three pounds of flour, one cup of flax seed, one table-spoonful of sugar, the same of oil and one tea-spoonful of salt. Mix with sufficient water to enable dough to be rolled quite thin; cut in long strips and bake in hot oven.

WINTER months call for greater attention to bodily needs, as this is the season of the year when man is subject to difficulties such as fermentations, unwholesome growths, intestinal troubles of all kinds. Worms, entozoa, bacteria and all parasital growths are enhanced by the winter season and it behooves us to be on the alert to out-wit them in their accumulative and destructive tendencies. A careful study of Mazdaznan Dietetics will enable one to ward off these unwelcome growths, thus avoiding much harm and suffering.

This is also the season when colds, coughs, catarrhal conditions are aggregated and great care must be exercised to prevent serious complications. A cold should receive immediate attention. A hot bath, drinking hot lemonade with a few drops of jaborandi, retiring immediately with plenty of covers, will nine times out of ten take care of a cold.

NOT so much bathing but more oiling and rubbing, is necessary through the colder weather.

STRICT attention to nature's call and all irregularities is necessary, while the circulation is well looked after, especially where hands and feet are inclined to be cold.

CONTINUE to wear light, summer-weight garments. Add heavier outer garments, such as overcoats and cloaks. If proper breathing is kept up, the heat of the body will increase so as to meet all climatic changes without serious results.

THROAT and bronchial troubles are relieved by taking a few drops of Eucalyptus Oil in hot water, rubbing throat and chest well with the oil and placing a blotter dipped in Eucalyptus Oil on chest.

IT is well to remember that we are not only to follow the seasons as to the law of dietetics, but to reach that personal development where the *still small voice* will reveal our *individual* needs. As there are no two persons alike, likewise no two persons require absolutely the same mode of treatment. Hence we are to be guided by the silent monitor within. *It is the All-wise, All-knowing One.*

WORLDLY INDIFFERENCE

Little care does humanity take of the many warnings which the spirit of the times has, and is constantly revealing to them, did they but open their closed eyes. They continue in their mad career, "the blind leading the blind." They continue in their insane rush, following the phantoms of pride and illusion, thus proclaiming their relation to those of like tendencies, who said, "Eat, drink and be merry for tomorrow we die."

Mazdaznan do not pose as "exclusivists", nor do they intend to separate themselves from the rest of mankind. Like the ruby light shedding light all around, so Mazdaznan proclaims unto one and all its wondrous Message of Peace, Health and Happiness. Those who embrace this Message have nothing to fear. That which is of God will be upheld and sustained by God. "They who put their trust in Him shall never be confounded."

On the other hand, "they who have sown to the wind shall reap the whirlwind." The world seems to be fast passing under the shadow of a great cloud and who shall be saved from the fury of that relentless storm? They who have saved themselves through obedience to the laws of life as in Rev. 22, 14: "Blessed are they who do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city."

MAKING CONCESSIONS

Mazdaznan teaches us so many beautiful lessons besides those of science, philosophy and religion. One of the sweetest is that which enables us to make concession, bowing gracefully to the inevitable; yes, even graciously, realizing that as everything in manifestation is but a means to an end, even so everything has its specific object and purpose.

That which we have outgrown no longer appeals to us, but however undesirable we continue to take an interest in it for the sake of those we desire to aid and uplift. Thus we continue to fulfill a part and portion not generally recognized by those in the ordinary walks of life.

Concession cannot be classified as sacrifice, since Mazdaznan are expected to transcend the plane where sacrifice would be possible. The attribute of pure, undifferentiated love alone can inspire and exalt to the lofty eminence of impersonality.

Mazdaznan must not only be studied in all its phases but it must be lived so that by trying it out deductions can be made that will stand the most scientific tests, as a demonstration is by far more stubborn than all arguments.

THE ZOROASTRIAN LAW OF PURITY

(By Jamshed M. Billimoria, editor of *Cherag*.)

[CONTINUED FROM NOVEMBER ISSUE.]

The following verses from the Vendidad signify how purity destroys sins.

"Then Ahura Mazda said, 'O Spitama Zarathushtra, the Mazdayasnian Law destroys the fetters of the man who has faith in that Law; it destroys deceit, it repels the action of killing by sorcery, it thwarts the action of striking a holy man, it destroys the action of burying dead matter, it purifies such sinful actions as prevent men from crossing over the Bridge, it wards off the debt that would have been paid off with difficulty and it destroys all the sinful actions which he does.

" 'O Spitama Zarathushtra! Just as a strongly blowing southern wind purifies the atmosphere from all sides, in the same manner the Mazdayasnian Law purifies all the bad thoughts, bad words and bad deeds of a holy man. Here in this world, only virtuous deeds will profit; the good Mazdayasnian Law destroys the punishment sufficiently.' "

Now the faith which one has in this Law of Purity, which enables him to pass easily and contentedly through all the difficulties of life, and which is spoken of as "the destruction of punishment", is not a mere blind faith, but the right earnest will and determination to tread the Path of Purity. When a man rightly

resolves to walk in the Path of Purity and Righteousness, and when he really leads a nobler life, he finds some divine relief in his own conscience, which is the light shed by his own Spiritual Soul, which is one with God; and this experience is expressed by people in different terms such as "destruction of punishments", "grace of God", "forgiveness of sins by God", and so forth; whereas one who, although born of a priest, does not lead the life of knowledge and purity, is no more recognized as a priest. One should practice purity for purity's sake; and he should be ready to sacrifice everything, even his own life, for the sake of purity, and should overcome all temptations against it.

"Zarathushtra says: 'O Ahura Mazda, he who, whether male or female, . . . practices Purity for the sake of Purity . . . will be conducted by me to the Path and will be helped to cross over the Chinvad Bridge.'

"Anghremainyush of the evil creation spoke to Him (Zarathushtra) angrily: 'O Zarathushtra! do not destroy my creation, thou son of Pourushaspa, born of the woman of mother Javashi. Condemn the Good Mazdayasnian Law so that thou mayest obtain wealth and prosperity, just as the owner of the country, Vadhadhana, got.'

"Then Spitama Zarathushtra replied to Anghremainyush: 'I will never condemn the Good Mazdayasnian Law for the sake of that bribe, although my bones and my soul were

to be dissolved'."

This temptation offered by Anghremainyush, that is, the Matter side working against the Spirit, reminds us also of similar temptations to Lord Buddha by Mara and to the Lord Jesus Christ by Satan.

The following description of Ashi, a female angel, presiding over Purity and Blessings, quoted from the Ashi-yasht, gives us an idea of the esteem and regard in which Purity is held.

"Ahura Mazda, Who is the greatest of all the angels and Who is the best of all the angels, is thy (Ashi's) Father; thy mother is Spendarmad (Ameshaspand); thy brothers are good and holy Sraosh, exalted and courageous Rashne and Meher (Yazads) . . . and thy sister is the Mazdayasnian Law."

The Zoroastrian Law of Purity does not confine itself to moral and spiritual subjects alone, but it extends to psychic and physical natures as well. In the Vendidad, a student will find rules and regulations for observing purity in all social matters, and in things and objects that one comes in contact with in every-day life. He will find there not only laws and precepts of observing purity for human bodies while they are alive, but also scientific ways for disposing of dead bodies of men and animals, so as to avoid disease and plague by contamination and careless treatment. He finds there instructions for keeping pure and

clean fire, water, lands, fields, trees, animals and various other things with which he comes in contact in this world. It is true that although the Vendidad appears to be merely a code or law of physical purity, yet underlying some of these symbolical teachings are hidden deep and occult spiritual truths. For this we would refer an earnest student to such books as "*Zoroastrianism in the Light of Theosophy*", edited by N. F. Billimoria.

When a student finds rules for observing purity for all these natural elements, as well as injunctions to have love and respect for all such objects and various other creations in the universe, he is inclined to believe that Zoroastrianism well nigh teaches Pantheism, as the Beauty and Purity of the One Infinite is seen in all His creatures and creations; therefore this One—whether we call Him Ahura Mazda or by any other name—is adored, loved and worshiped, in showing love, respect and adoration to all His creations in which He manifests and shines out.

"I invite in the Yasna ceremony and adore in the congregation, all these lands, cities, fields, dwelling places, watery places, waters, earths, trees, this earth globe, that sky, holy wind, stars, the moon, the sun, the infinite natural light, the entire creation of Spentamino and the Lords of Purity who are holy males and holy females."

"The Mazdayasnian religion as well as the

Zoroastrian Law is the great upholder or protector of Truth in all the things of the seed of Purity."

As the object of this humble treatise is to show how the Zoroastrian Law of Purity appears in the Avesta as pertains to its moral or spiritual aspects, we shall endeavor to study it at some length in detailed character. As is known to every student, the Law of Purity often appears in the scriptures in its triple form, *viz.*, purity of thoughts, purity of words, purity of deeds. The sacred thread known as "Kusti" which hangs round the waist of every Zoroastrian, male as well as female, in three girdles, reminds the wearer to keep purity in mind by strictly observing in every-day life the triple mandate of purity: Manashni, Gavashni, Kunashni, that is, good thoughts, good words and good deeds—the formula which he often recites in his daily prayers.

Purity is best for a man from his very birth. O Zarathushtra, that Purity is the Mazdayasnian Law. Any man can purify his Antahkarana (heart) with Humata, Huhata, Huvarshta (i. e., good thoughts, good words and good deeds).

"All good thoughts, all good words and all good deeds convey the man towards Heaven. All bad thoughts, all bad words and all bad deeds convey the man to Ahisstem (hell); the final result of all good is Heaven."

(THE END.)

THE GOD-MAN

How blessed is the thought that God is, not was nor is to be, but *is*! And more, that God is Love and because He is, I am. For in this actuality, that "All is of God and God is all", is peace.

Yet naturally and rightly, the reasoner or thinker does not rush into any hasty or speculative conclusion; nor, as said, will he be contented with anyone else's opinion but his own, as to the reality of it all. What others may think (say Hæckel, Bergson and Shaw) is interesting, illuminating and helpful but yet may be far from satisfying to him. The conclusion is too serious, too profound, too *individual*, to be taken on any evidence whatsoever, no matter how assertively stated or plausible it may seem, without personal investigation.

Frankly, Mazdaznan have no time to be but on the "side of the Angels." It is, however, a conviction not born of the wish alone, but the realization of much thought. To Him, God, Freedom and Immortality, are part of his entity, or make-up. Just try as he may, he cannot help but be Mazdaznan! Instinctively, if in no other way, he feels his Divine Origin. Hence man must know himself, even to the number of his own vibrations, before he can expect to know the vibrations of the earth, which he as Master, far surpasses; for Nature's law is, that unless we master her, she

will master us. For this reason, the ancients ever taught that the knowledge of self alone gave independence or individuality, leading unto wisdom, prosperity and perfection—Elohim! I, even I, am I, because God is; the fatherhood and sonship, infinite and finite made one. This is the message of all Sages and Saviors. The Christ did not breathe upon His Disciples, but taught them how to Breathe; so that they might preach this Gospel of Salvation (from salvo, to heal) thereby showing the sick how to cure themselves and be, like Him, "at one with the Father." His Lord's Prayer is a Formula of breath rythm and did not originate with Him, but was re-uttered by Him.

Walt Whitman, whose philosophy is now sweeping the earth of much that is untrue, says: "Health alone makes one enrapport with the universe"; that "the body is the soul", "produce great persons—the rest follows"; and that man should be so evolved, consecrated or attained that "every breath is a new smell."

Charles Kingsley, preacher, novelist, scientist, in his "Essays", shows the power of inhalation and exhalation, stating that all creation is breath. Queen Victoria, with whom he was on terms of the closest friendship, being also tutor to King Edward, was also aware of this, as was another of her confidants, the great Duke of Wellington. So also the late Pope Leo XIII, who when appoint-

ed Pontiff was sickly beyond the hope of more than a few years' life; learning of breath's magic power, enjoyed, as they did, many honored days!

Swedenborg, who probed so deeply into the scientific, objective and spiritual problems of life that his solutions are recognized as being even today, far in advance of the time, states that his inspiration came by Divine Permission. Not until the Rev. O. Z. Hanish began in this generation to teach and to reveal, has anyone, in word or in print, endeavored as he, Swedenborg, did to prove the existence and love of God, and the divine humanity of the natural, spiritual and celestial realms. But the "Secret of Secrets" was not for him to expound. Only as he said, "Him in whom dwelleth all the fullness of the God-head bodily", has power been given to describe at the appointed hour, the sublime Wisdom, Love and Operations of Him who is enthroned on High, so as to be rationally conceivable.

In the survey of Divine Providence, are not such thoughts as touched upon, the stepping stones that assist unto realization? The promise of St. John and the hope of every awakened soul (conscious of Breath) is that the earth, now daily gyrating into her true polarity, will soon reach her proper axis or position; and that then the New Age will be ushered in. Many things had, as the Revelations state, to first happen. But has not much of the pro-

20 20
phesy been fulfilled? Like the Blessed Ainyahita, we rightfully ask, what is my part and portion in this great Drama, though we remember her answer was, to diligently perform the daily tasks, appreciating that the vortex of the world is but a means whereby we sharpen our wits unto more serious, higher and happier duties.

Swedenborg lays down as indisputable, this fundamental law and cause of creation: "That the divine love and the divine wisdom cannot be and exist, except in other beings or existences created from itself." If accepted, does not this explain Christ's words, "Ye are heirs and joint heirs of God", for, as He also said, "God is perfect, ye are perfect too." Thus the true thought of God lies in the thought of self, as do all things. If it did not, how could we think at all? And so the ancients who said there is "God and Gods", were logically correct. Mazdaznan revives this truth by saying that all who live the God-life, are His Associates and fears not to give broadcast their version of this perfection, knowing confidently that all those who are honest and intelligently endowed, and will but faithfully test the free, simple and practical way, will agree that no exaggeration as to the benefits to be derived, physically, spiritually and intellectually, can be made. Such statements naturally draw comment. And because investigation proves them true, evil minds, finding no flaw in the

System which is all inclusive, endeavor as heretofore to assail the individual, only to realize in time that nobility of purpose and purity of character, cannot be gainsaid! Mazdaznan indeed is the Gospel of "Life, more Life", or "He Liveth"; equality and individual liberty for all; dispelling the false and terrifying doctrine of Saul, who taught that in, by and after Death, was Salvation; and also that woman was the "handmaid of man." That Christ's true Apostles opposed Him to the end is not surprising; even honest Barnabas, who wrote many of the Epistles credited to Saul, had eventually to separate from Him.

We have been told that God is not only Spirit, but *a* Spirit, thus verifying the Scriptures. This "rends the veil" which hides God as an individual Entity or Intelligence, from His creation, man; and which makes the Infinite Deity a personality like unto His own Image. With this knowledge that God is man, only supreme, perfect man, all misconceptions disappear and we can humbly focus and impel our very self into His Sublime Presence. Being like Him, absolute existence, such minds require no passport or chart to find the centre, of which they are a part, even though the Realm of God may not be to many, astronomically known.

(GUROMANO)

A PLEADING FOR PEACE

To the free and great American people!

What would you do if the foundation beneath your feet began to crumble? What is your foundation? Where is our European civilization, energy and intellect?

We Europeans are your brothers and sisters. We go to war with one another for what cause? Jealousy. We know by experience that most quarrels have their origin in jealousy, especially where honors seem to be given to those who are called favorites. In this fact we find the cause of all misery in the world.

All the different ranks and classes have their origin in the family; the father as the head has the authority to govern, command, counsel; all respect his responsibility and are content with the wisdom and authority which he exercises, recognizing his power to rule, govern and direct.

As long as the human family do not recognize the basic principle upon which their life is based—God, eternal life—there will have to be distinction of ranks and classes, with a governing head. This governing head or power should be one in whom greatness and nobility is manifest.

Free and great American people, you are the youngest of the races, coming from the family of the East. You left your homes and,

crossing the ocean, you were given a wider range, your visions and views have become larger, broader, your horizon wider and your heart more tender and just. Perhaps you remember what you took with you across the ocean—all the great influences of the most excellent personalities and events, painters, writers, sculptors, architects, great heroes, statesmen, great examples of high merit, the lights of science and religion—shall all this grandeur, nobility and culture be destroyed, devastated by the fury of the war?

Free and noble-minded American people, in the name of the Brotherhood of man and Fatherhood of God, I beg you to help us make Peace!

Even though victory upon victory and triumph upon triumph is ours over the allies, still I shudder in thinking of the streams of blood that water our poor old mother earth and our heart grows faint at the sight when we behold how man has failed to use the light of reason and understanding, turning their backs on the Sun of Righteousness.

I tell you free men of America, *it is enough!* I appeal to you American sons because you are born in a country whose constitution was consecrated and based upon the very foundation of Peace. Can anything then, be more grand and good than to aid in the promulgation of Peace. Such godly efforts shall cause your names to be written in letters of gold upon the

pages of endless posterity, and your American flag of freedom—its stars shall shed a celestial gleam across the horizon of the whole earth. To this end I would give up life, yea even immortality; but no one asks about a lonely, simple, but free and independent soul, who is inspired only by the love of freedom, who seeks but the good of all; therefore I can do no more than to ask you for humanity's sake to use your influence that we may have Peace. May you be blest with the best and highest good the world is able to bestow.

“Glory to God in the Highest;
Peace, Peace on earth,
Good will to man!”

Bremen.

B. Wilckens.

REMEMBER NOT

From out all Nations,
Throughout incarnations,
Cries of Salvation are heard:
Good Lord, deliver us,
Good Lord, deliver us,
Good Lord, deliver us from error's chain.

Civilizations
With all their relations,
Knee-bent to God now do pray:
Good Lord, remember not,
Good Lord, remember not,
Good Lord, remember not our sinful way.

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BITS AND CRUMBS

TO SUSTAIN Peace with neighbors of its own blood relation the United States spent for its army and navy in 1912 the sum of \$283,086,000. Germany that same year spent for maintenance of her fighting machine alone, \$318,446,000. England contributed \$341,820,000. The present encounter with "the house divided against itself" runs into billions of dollars. This same amount and energy directed toward the "reclaiming of the earth" would have meant general prosperity with the view of a millennial Peace to all the civilized nations.

"SELF-PRESERVATION is the first law in nature" most forcibly suggests itself in these days of turmoil.

"SURVIVAL of the fittest" is nature's law, but man seems to direct it otherwise when he enters into war.

THE culmination of things is being reached. Great empires totter and fall. Persia, Greece and Rome loom up before us to cite the fate of nations. Again we appreciate the counsel of our Blessed Ainyahita: "Westward is the trend of civilization."

NOT only at war time but at any other time dough-gods, sour-bread and flapjacks with a teaspoonful of wood-ashes and a little oil, adding any kind of bark or leaves for a hot tea, will keep one in health for many months.

MAZDAZNAN in England and elsewhere are doing all in their power to relieve the needy in their trying conditions, teaching scientific economy and distributing proper food, proving to the most sceptic how little is required to satisfy nature's wants.

THE wounded on the battle field, not tampered with, abstaining from food for two days, revive very quickly; such is the lesson.

THE Mazdaznan Association of Germany not only supplies men in the field with its magic preparations and oils to preserve cleanliness where there is water famine, but looks after the wants of those at home. Various centers have in addition to it opened restaurants where people of means can get a full meal for five cents. In this way a practical lesson of scientific living is being taught. Literature is being sent out free of charge; the needy released of all obligations, including dues and subscriptions.

ONCE upon a time trouble arose in a certain country over the assassination of two members of royal distinction, resulting in the slaughter of millions of lives and the destruction of private property amounting into the deci-millions. Moral: Use reason.—*Modern Aesop*.

IN THE United States alone not less than five hundred million dollars worth of medicines are consumed a year.

THE SCIENCE OF LIFE

or the Art of Living, is a subject still foremost as a daily topic, as the necessity to eat and drink has so far withstood all innovations, inventions and reforms. With all our philosophies, sciences, cults and thought-waves, we have not been able to overcome the desire for food although we have outgrown many things equally as much a task as that of the answer to the dinner bell.

True, reform upon reform, or better still, common sense, observation, experience and necessity has taught us to change our tactics in the preparation and consumption of food and drink. We have supplanted many of the grease-dipped dishes by more wholesome food and what once was luxury now adorns the table of the poorest among our brethren and we feel that we have been drawn closer to nature and with it developed the thought of brotherhood to a by far greater degree than our ancestors.

Still with all our progress and advanced thought there is room for improvement, particularly the simplifying of selection according to season and temperament; preparation of food so as to subtract all the necessary embellishments calling for an amount of dishes that suggest a display in a china shop rather than an orderly table and culinary. Then more care should be taken as to mastication of the food

selected, and correspondence of association.

Where there is too much time given to the preparation of food the effort upon the system is equally as great as the mind which receives subjects from authorities all in a detailed manner—cut and dried.

But hastily prepared dishes should be shunned as much, while the ordinary restaurant food has to be decried by the more refined as to bodily texture and culture of mind. A starving artist, kept on small fare at home, is by far more fortunate than he who is compelled to fill up on "husks that swine would not eat."

There need be no anxiety, hesitancy, doubt or trouble about our food, the proper food for man, if we only cease to waste our time with idle discussions, discourse, agitation, and analysis of the compounds as to their corresponding number and relation to each other, for the digestive apparatus, like any other part or portion of our cellular arrangement, possesses intelligence enough to refuse that which is not of its kind. We only need to observe the seasons, selection, preparation and use. Nature will do the rest.

"Then what is the right and proper way of living", we would ask. Ah, that is not so difficult to answer, but difficult to understand and accept, because *living*, in itself is very simple, but we are apt to prefer complications and for this reason do not take to the simple life.

"But do tell us", you say. Very well, we shall say it again and it may not be for the last time, for after many days you will ask the same question, showing thereby, that it is by far more convenient to become side-tracked than it is to remain upon the path of simplicity. Yes, we need a little bit more executive power over that engine of ours and acquaint ourselves with its peculiarities to economize on the fuel as well as the selection of the same.

The most scientific and safe guide is that of following the General Rules of Dietary and apply them to one's case until the last of inherited tendencies are overcome. No iron-clad rule can be laid down as to the number of times one should eat during the day, though the materially based and menially employed should have one more meal a day and by far coarser food than the intellectually or spiritually, although the latter is given to appetite more than the other two owing to the lack of assimilation.

Immediately upon arising there should be no meal. At least one hour's exercise should precede a breakfast, which should consist of two or three diverse fruits or their juices and sixty percent of the fruit should be of an acidulous nature for the obese and the muscularly strong; but if enemic, suffering from dyspepsia and uric acid, then sixty percent of the fruits should be saccharine and the rest acidulous. Only in rare cases should all of the

fruit be sweet or all acidulous. In addition to the fruit there should be one or more kinds of cereal according to season. Cereals should be used in their suncooked state and never steamed or cooked over the fire. Flake the grain, grind it or soak it in water to produce diverse tastes and for different effects. There is no need for a drink but if a hot drink has to be indulged in then use a small cup of the very best fresh dripped coffee or tea, cocoa, chocolate or herb; the latter four should be well powdered, made into a paste with sweet cream and plenty of hot water poured over it to make the drinks very mild.

A lunch should consist of a salad with or without a dressing, following the Hints of the Seasons, and a slice of toast or well done wholesome bread may be added. There should be no drinks used at lunch time.

For dinner the first course should always consist of some foreign, imported or hot house vegetables in their sun-kissed state—not preserved or cooked. The next dish should consist of home grown vegetables and tubers, stewed in their own juices or baked. To change the taste, tubers may be grated and combined or separately baked in an oven. Stews of diverse kind will add considerably to the menu. Fresh muffins or cakes will satisfy even a fastidious epicurian, while two to three hours later mild teas with a slice of lemon and a fresh aromatic flower bud may

be served, or—fruits of the tropics may be passed around, especially those of an acidulous nature, of a high flavour and exceptionally juicy.

Once we have learned to select, classify, combine, season and prepare foods, readily blending in taste, flavor and color, we shall become aware of the fact that a well equipped Mazdaznan kitchen offers greater scientific accomplishments and demonstrations than the best devised laboratory.

GRATITUDE

It may be an opportune hour in which to thank our dear people for the generous contributions of varied and timely Articles received from time to time. The good thought thus graciously expressed is fully appreciated. Indeed, we continue to look for them—we would even suggest that the good work continue, and if it be permitted, we would suggest brevity, conciseness in the treating of subjects, as our magazine requires definiteness of thought, condensed into short articles. Lengthy articles have otherwise to be divided, cut down, or “doctored.” From the great store-house of Mazdaznan, we may draw infinite varieties of thought substance as a base for subjects, leaving the golden-tipped pen of inspiration to add its beatific touch.

HOME TALK.

REPEATEDLY we are asked to write a Home Talk that the Saints of God may keep posted regarding the movements of the Little Master. The reason the Master did not respond until this late is due to the fact that the Saints of God knew of his movements since he has visited nearly every Center within the last ten months, repeating his visit to various Centers several times. These visits by the Master are equal to the approach of a Gahanbar, and the young and the advanced in years look forward to his coming. Immediately after the close of the Dominion and the Lowell Gahanbars the Master repaired for New York. The Saints in Europe expected the Master up to the last minute, but he confided on New Year's Day when the Oracle for the year was given that with the height of the season Europe would be in flames, and having passed through three wars he cared not to witness another. Still, even his nearest associates were loathe to believe in the possibility of a European war at so early a date. When Ambassador David Ammann cabled that he was ordered to leave Germany by June 15, upon the ground that an American citizen had no right to live in Germany and that the government had prohibited him to deliver the lecture on "Race Hygiene", censoring the lecture as "health-endangering" the Master answered: An appeal is fruitless. The dice has fallen. Roll up the Banner of Peace and take it with you, the Banner consecrated upon German soil in 1911. War is declared.

The German press spoke of Mazdaznan as a Message that "stirreth the people" for "Peace" is declared and taught. Mazdaznan has been pronounced as the most dangerous of all the movements for it holds with Christ that "he who takes to the sword by that sword shall perish." This was considered contrary to the militaristic spirit of the day and Ambassador David Ammann must leave. The American Legation in Ber-

lin declared itself unable to intercede "as the exile is a local affair." Ambassador Ammann left for Switzerland. His family followed, and shortly after the close of the Gahanbar the cry "Deutschland ueber Allies" was heard.

After a short stay in New York during July the Master went to Chicago for a few days, only to prepare for his Western trip. Seattle was his first stop where rousing meetings were held and the days fled like hours. Mother Frances knows how to cultivate her flock.

In San Francisco Lady Pearce has proven her executive ability to a most admirable point, assuring overflow-gatherings of a select audience. After a week's most successful work, San Diego opened its gates with full houses every afternoon and evening for the period of ten days. A longer stay would have been greatly appreciated, but the Master has his plans so laid that there is no spare time between connections.

Los Angeles was the next stopping place and here the meetings proved beyond the most sanguine expectations, offering endless pleasant surprises. Five weeks were spent, not only by holding meetings, but taking in the situation, laying plans that may mature in the near future.

New Orleans gave up three days of joy and pleasure and Col. Lagendyke did his best to make the visit a success. Chicago was the next focusing point, where many days were spent in disposing of foreign correspondence, which has not diminished because of the war. Most of the duties disposed of, brought a call from Washington, D. C., where several days were spent in expounding Mazdaznan. Here Madame Lydia Mountford announced her Oriental Museum, exhibiting the costumes, manners and beliefs of Bible times, with the view of creating a School of Interpretation.

Halloween found the Master at a Banquet in New York City, where Cousin Alice displayed her good taste in the Culinary art. Several most profitable meetings marked the days and all present displayed the joy of their life.

At Lowell the Household of Mazda expected the Master and everything was in readiness for his royal reception. Cousin Nellie from Washington and Cousin Ashton from Denver and others from nearby towns flocked to Bethany to avail themselves of the lectures on Omar Khayyam.

The next move by the Master was made to Montreal, where Mother Adelia and Daddy Hooper had been patiently waiting for the Master's coming, and Daddy Guromano and Mother Ashoi had many pleasant surprises for him. The stay, although short, brought solace to all hearts.

SOME OBSERVATIONS AT THE TEMPLE

THE Simple Life as lived in Mazdaznan, with richest results, O! how wonderful the blessedness of it all, and the ability to recognize opportunities that come to us on every hand. They are indeed golden ones! We find the opportunities teaming with most glorious possibilities, not only on the ideal side of life, but also the terrestrial, disclosing the practical methods of a life that turns drudgery into scientific channels, making everything in the daily walks real Art. With the illumination that comes to us in Mazdaznan we learn to apply the ideal into the practical, thereby making the ideal real! While the real is imbued with joy and uplift, making it indeed the ideal. Nowhere is this found more than in the home life—where to execute this, we remove the thought of drudgery, and nowhere is this more exemplified than at the Temple of our Master. One of the strangest things besides simplicity at the Master's Temple, there is to be found *no ice-box*.

Vegetables are all in baskets, boxes and bags. Oils in glass bottles and jars,—butter, if any, is always kept in earthenware. All the cereals and flour in

enameled and tinware. All spices, herbs, condiments, aromatics in glass jars. Placing garlic one day into a paper bag the Master took it out of the bag and placed it into a porcelain jar. I asked. "Why?" He said, "Aromatics must be kept in porcelain, earthenware or glass." He is very particular never to leave eggs near lemons or onions. "It is the little thing that counts, and if we observed the common sense laws we soon would outgrow inherited tendencies," he said. I have thought of it often and much, and am surprised, how I do grow away from things and ideas of a hypnotic nature and overcome the spell of inherited tendencies, asserting individuality that tends toward "Stand alone and mind thy own."

In the preparation of foods and correct combinations, wonderful benefits are derived. Wholesome soups and stews appropriate to the seasons, boullions and creme consomes, are produced. The pulp can be advantageously used by mixing with stale bread and giving it diverse tastes by using aromatics and herbs in connection with it.

Peels are not to be wasted, orange and grapefruit can be candied for after-dinner use, even so lemon peels, and if not candied should be dried and used in sauces and gravies for flavoring.

Apple parings, if not disposed of for food, should be used to make vinegar, by throwing into a stone jar in which there is water, and is an easy and economical way of making our own vinegar.

Even dish-washing may become a pleasure, by keeping washed up as we go along, all kettles when freed from food immediately washed, leaving only those dishes which accumulated from usage during a meal.

One is doubly impressed by the simplicity with which our Master presents His cause, and His powers of adapting himself to circumstances. I can also add that in Mazdaznan I have not only found Peace, but "People living the Life of Perfection here and now."

—*Tante Theresa.*



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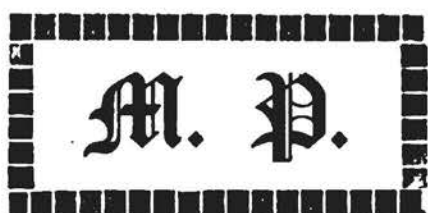
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